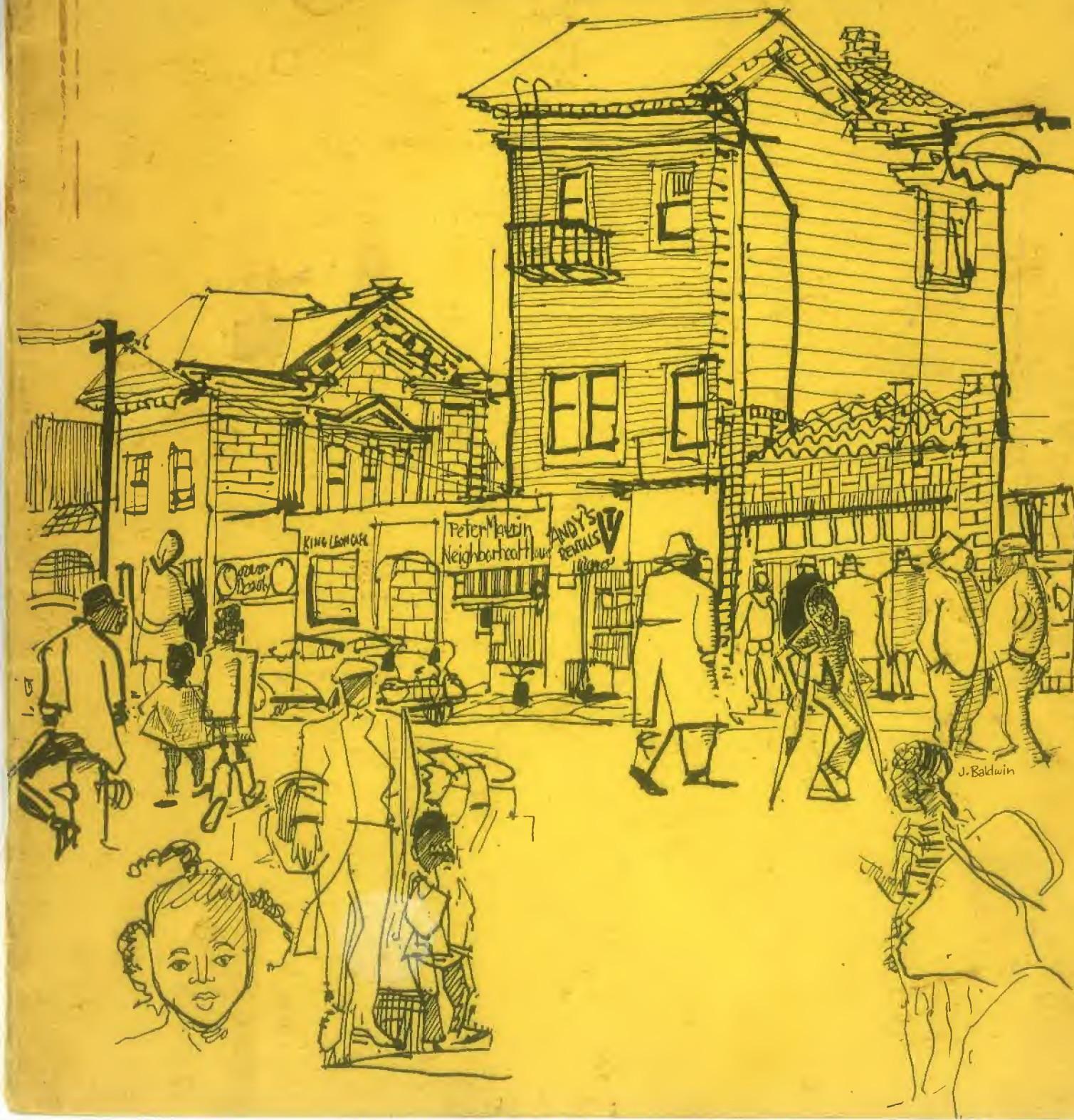


WEST OAKLAND SOUL FOOD COOK BOOK



Gumbo. First get everything ready.
 dried Shrimps & fresh Shrimps.
 1 cup. each. dried & fresh Shrimps
 1 cup chop Selsery. finely chopped
 1 cup Crab meat.
 Garlic as many buttons as desire.
 1 large chicken or 1 quart crab meat
 1 quart Okra -
 2 ears of corn on cob cut off cabbet +
 Scrape cob
 salt & Pepper to taste.

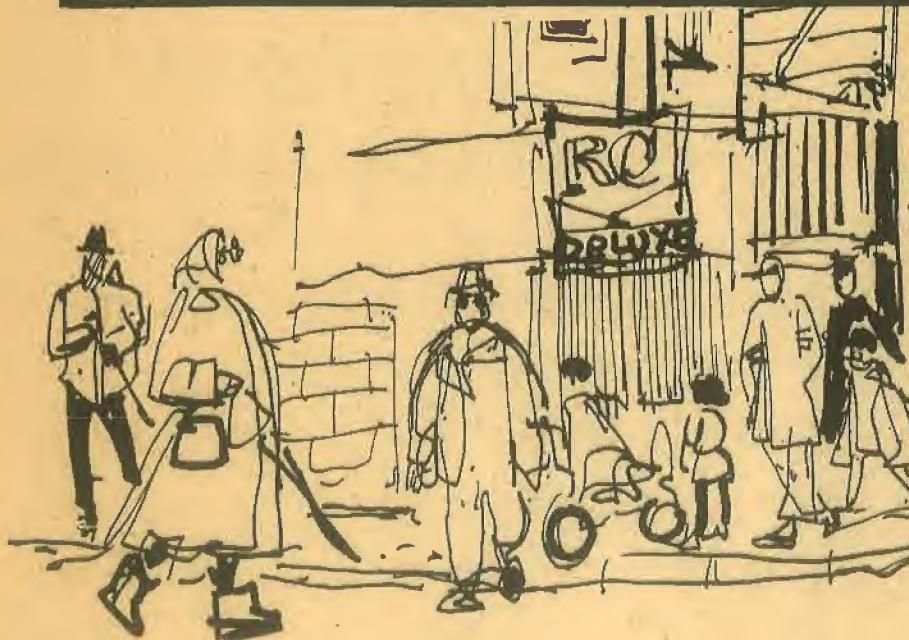
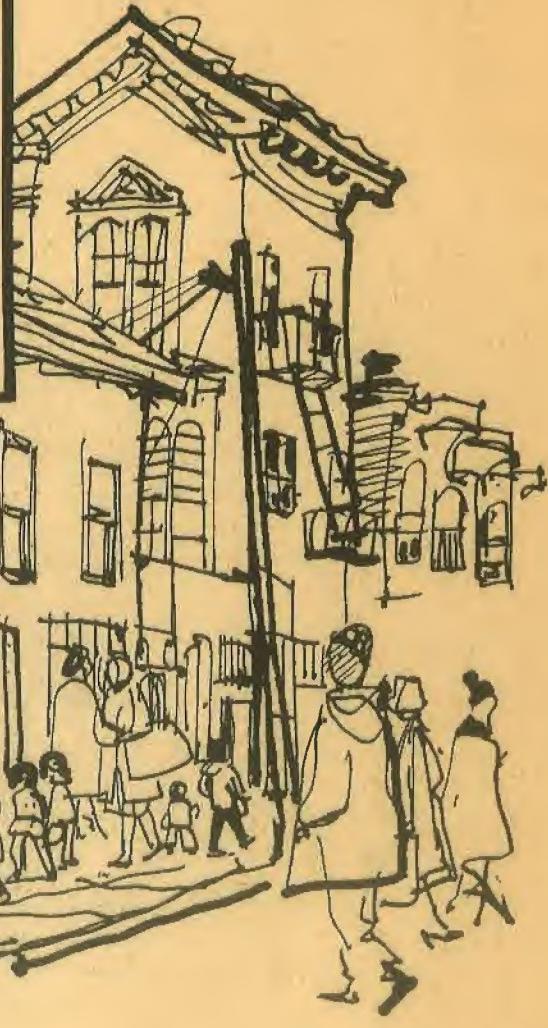
1 large onion cut fine.
 first cook cut up chicken almost done
 Then add ingredients cook until done.

Mrs Annie G. Conner,

1015 $\frac{1}{2}$ W. Grand Ave. Oakland 7. Calif.

P.S. Brown your flour in $\frac{1}{2}$ cup of
 shortening like oil or any kind of fat.
 Then put all my reseps in a
 large pot cook till done.

Season to taste with
 hot peppers.
 Add 1 cup of selsery chopped fine
 to mix in.



CREDITS

DOROTHY KUFFMAN

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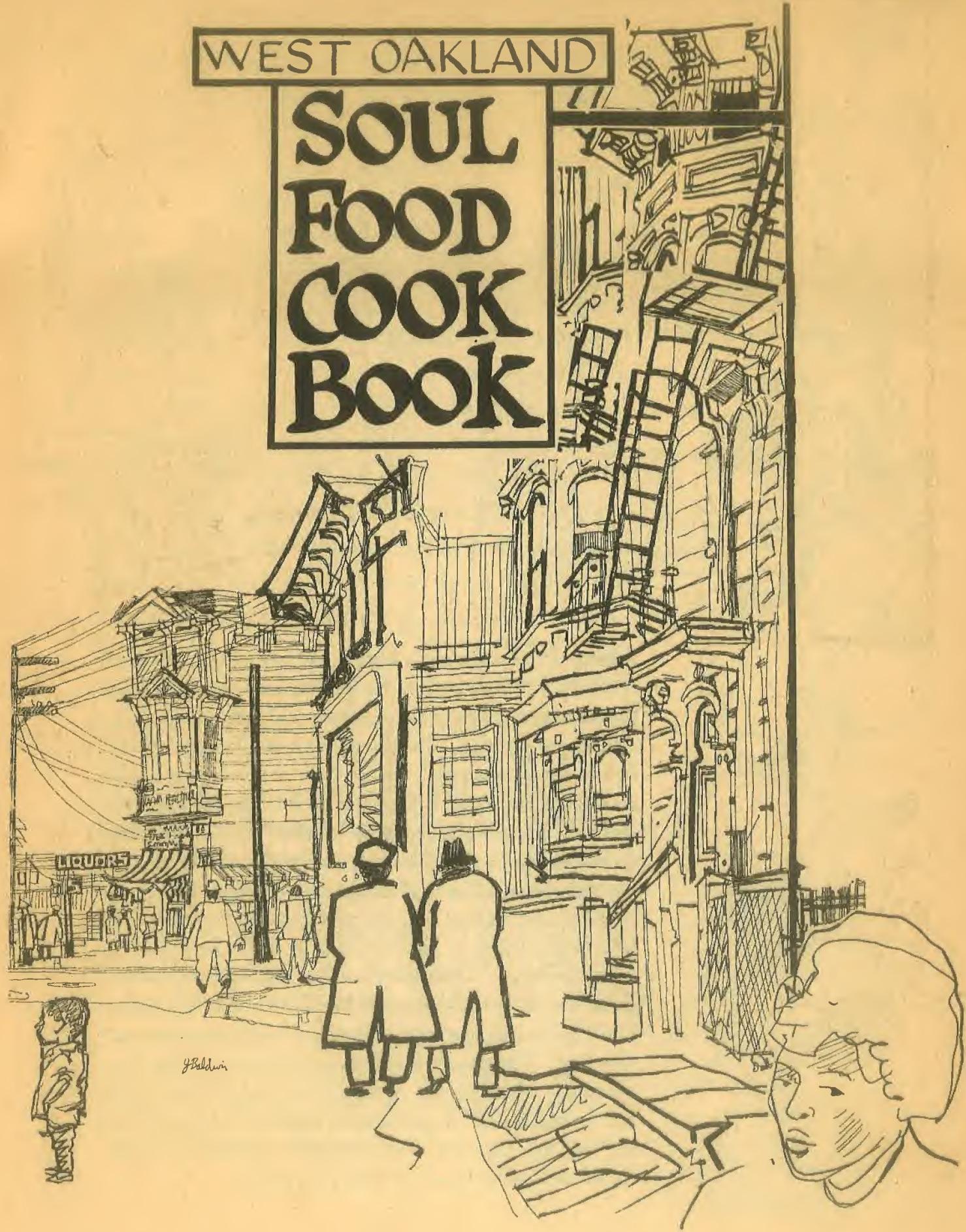
EDITOR

ART

TYPESETTING

WEST OAKLAND

SOUL FOOD COOK Book





A group of non-professionals began in 1961 by opening a "House of Hospitality"- or soup kitchen, for transient men in west Oakland. The area was scheduled for demolition and bulldozing for an urban renewal project. There were only a few families left, by then, in the area, so a small, informal art and craft program for the children was begun. A year later, the building fell before the steel hall. The group relocated the "mission" further west. Soon, the soup kitchen was flourishing, serving about 200 meals a day and sheltering up to 75 homeless men a night. But the new neighborhood, the west end, was a lively community of its own, 98% Negro, living in homes built in the 1880's for Oakland's first families. These have been cut into "apartments" and allowed to decay until the area has 12 times the dilapidation rate of an average bay area neighborhood, and 3 times the over-crowding. The major recreation center for the area was torn down and not replaced, so the children had no place to play and the families had no place to meet together. The group, learning that the residents were interested in having a center, rented and renovated an old shoeshine parlor.

In 1963, the "Neighborhood House" opened, offering daily activities, ranging from Adult Literacy to Boy's Carpentry instruction, plus a parent co-op nursery. The unpaid volunteers came from throughout the Bay Area. The supplies were donated, and running expenses came from a Milk Club Cooperative and the sale of an earlier cookbook. Then, the soup kitchen was demolished for a rapid transit station, the volunteers scattered, and gradually, neighborhood residents began to staff the center. A Board of Directors from the immediate community developed during 1966, and the program began to expand. First, the group built and paid for a new nursery school building, the West End Nursery. Here, fifty pre-school children from the neighborhood are taught daily by a staff drawn mainly from the community, with funds from the state. A second project is the Housing Upgrader service, funded through the Ford Foundation. This is a home rehabilitation service for low-income people in west Oakland. The Peter Maurin House has also had a staff of Vista Volunteers, who have worked to develop block clubs. People in the community involved in working together in these projects have contributed these recipes.

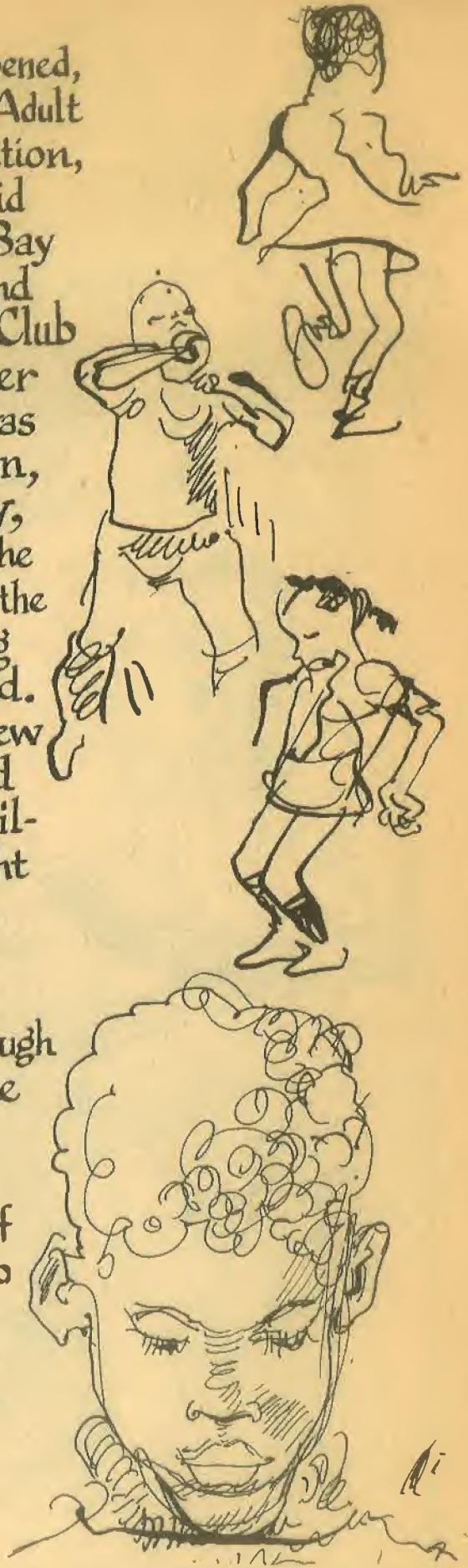
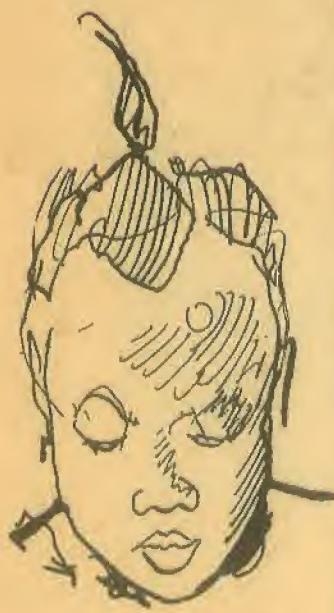
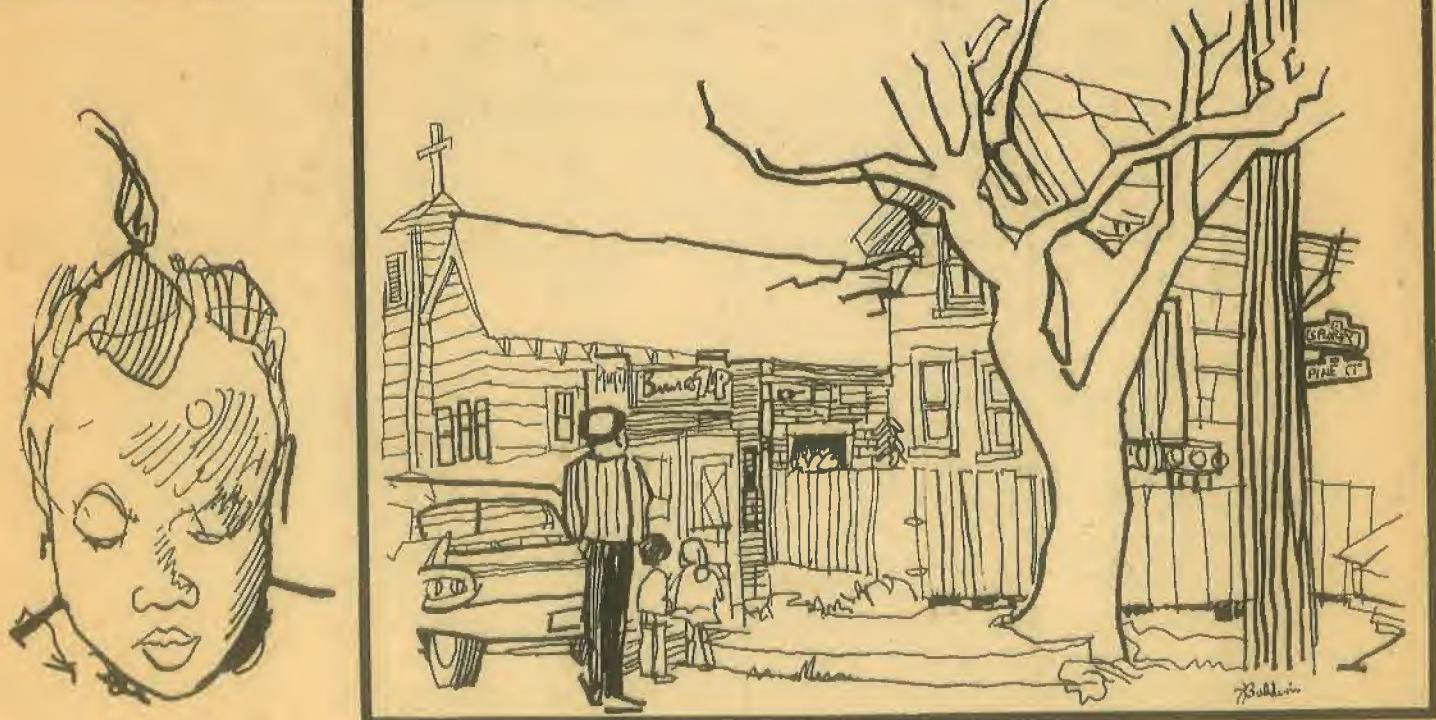
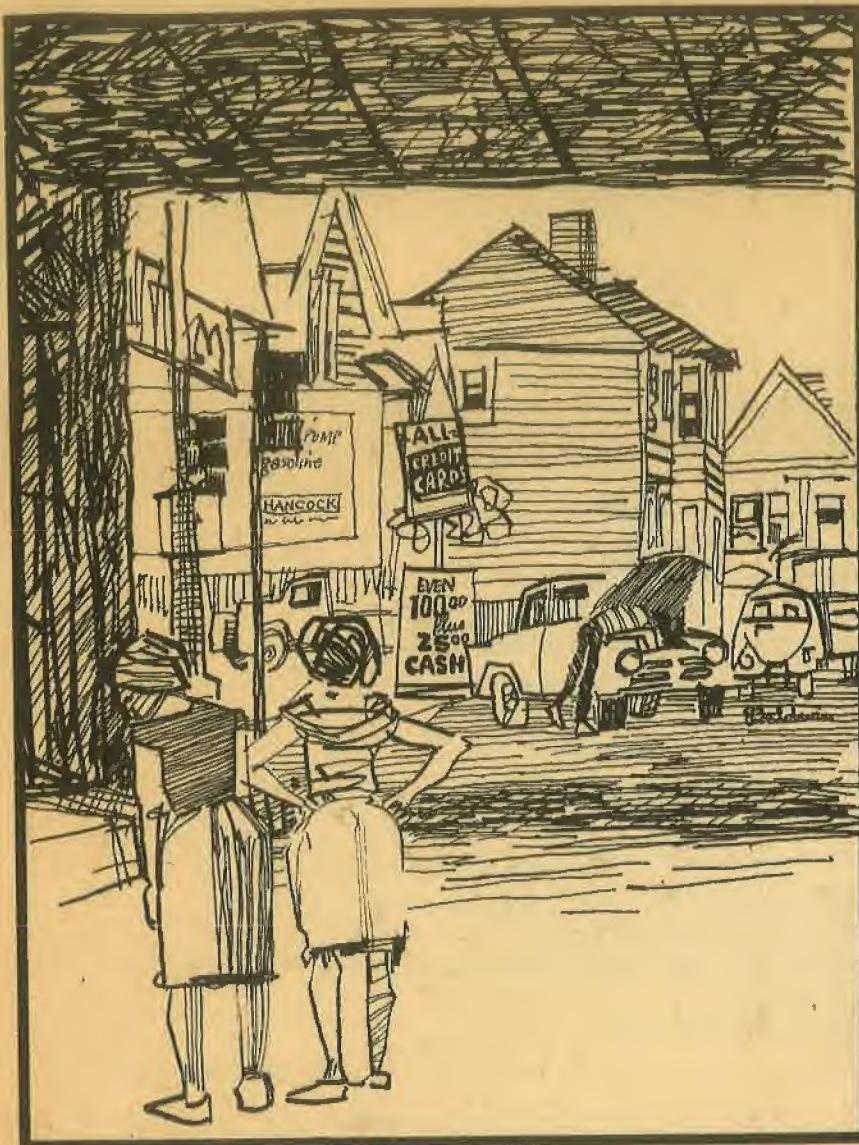




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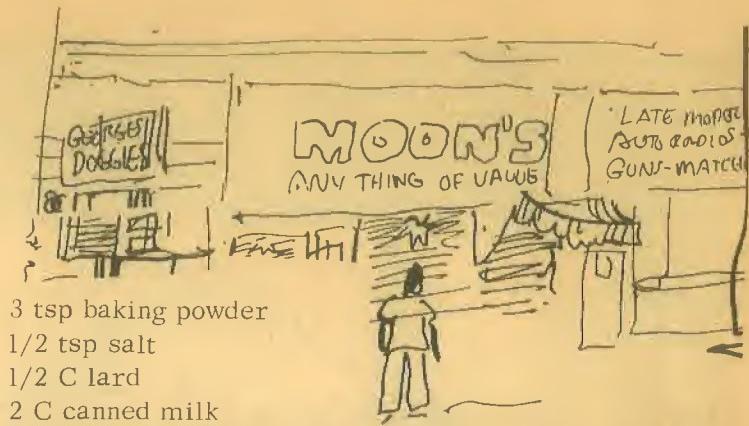


Breads

MRS. JOHNNIE MAE LEE'S

CORN BREAD

3 C corn meal
1/2 C flour
2 eggs, beaten
2 T sugar



Melt lard, cool it and mix all ingredients together. Bake in greased black pan at 400° for 30 minutes. Pan should be 9" x 13".

2 C corn meal	1 C milk
1 tsp salt	1 T lard or
2 tsp baking powder	drippings
1/2 C flour	1 egg if desired

MRS. JEAN WILLIAMS'

THIN CORN BREAD

Mix all together and bake in greased pan 25 minutes at 400°.

MRS. MATTIE HARRIS'

HOT BISCUITS

4 C flour	1 tsp soda (baking)
1 C lard or shortening	1 T sugar
1 tsp salt	About 1-1/2 C buttermilk

Sift dry ingredients, add lard and work in with fingers. Add milk and mix with fork to make a firm dough. Knead a few times on a floured board, and shape into rolls or cut with a biscuit cutter. Bake on greased sheet at 400° for about 15 minutes. 3 dozen good size.

MRS. NAOMI JORDAN'S

HOT YEAST ROLLS

2 cakes yeast, dissolved in lukewarm water (1-1/2 C)	
1/2 C sugar	1/2 C butter, melted and
2 tsp salt	cooled
2 C rich milk	1 egg, beaten

Mix these together and add enough flour to make a soft dough (about 6-7 C). Knead at least 10 minutes, cover with a damp cloth and let rise in a big bowl in a warm place until double in size. Punch down and roll out on the board into two big circles. Cut into pie shaped pieces and roll into crescent rolls. Put on greased sheet and let rise again. Brush with beaten egg and bake at 400° for about 15 minutes.

MRS. ALCENIA SCOGGINS'

HOT PARKERHOUSE ROLLS

Dissolve 1 cake yeast in 2 C warm milk (blood heat)

Add: 1 stick butter melted and cooled
2 T sugar
1 T salt
1 egg if desired

Flour to make a firm dough (about 5 C)

Set in greased bowl, cover with wet cloth and let it rise. Set in refrigerator until 1 hour before rolls are needed. Roll it out, cut in circles. Dip each in melted butter and turn over 1/3 of each circle and press down. Let rise again for 30 minutes. Bake at 375° for 12-15 minutes.

MRS. MALINDA POINDEXTER'S

Dissolve 2 cakes yeast in 1C warm water.

Add:

1/2C shortening	2C milk
2T salt	1/4C sugar

HOT ROLLS

(CENTER
STREET
BLOCK
CLUB)

Mix well. Work in about 8C flour (most of a 2 lb package), to make a soft dough. Knead well. Cover and let rise until double. Form your rolls and let rise again. Brush with milk or oil. Bake at 400° for 10 mins. Makes 6 dozen.

MRS. NAOMI JORDAN'S

3 eggs, beaten	3 tsp baking powder
2/3 C sugar	1/2 tsp vanilla
1/3 C milk	1/4 tsp nutmeg
1/3 C salad oil	powdered sugar and
3-1/2 C flour (about)	water glaze

DOUGHNUTS

Beat eggs, add sugar, milk, oil, beat well. Add rest of ingredients, sifted together, and mix until smooth. Chill. Roll out 1/2 inch thick on floured board and cut with donut cutter. Let them dry out for 10 minutes. Fry in deep hot fat until brown; turn once. Roll or dip in the glaze (1 C icing sugar, water to make a thin glaze).

MRS. CHRISTELL SMITH'S

Cook 1-1/2 C corn meal in about 3 C boiling water and 1 tsp salt until very thick. Add corn meal slowly so it doesn't lump. Stir in one large onion, chopped fine. Take spoonfuls of this and fry in hot deep grease or in a skillet until brown on both sides. Serve with fried fish.

HUSH PUPPIES

(PAN PERDU)
CRYSTAL VEASEY'S **LOST BREAD**

Take your stale bread and cut diagonally. Dip in:

4 eggs, beaten	1/2 tsp vanilla
1 C top milk or evaporated milk	1/8 tsp nutmeg
	1 tsp sugar

Saute in hot butter in heavy skillet. Serve with powdered sugar, preserves, or syrup.



Preserves & Relishes

MRS. MARTHA FRANK'S PEAR PRESERVES

Wash, core and peel your little winter pears and slice them into a pan. Pour over sugar, as much as you have pears, and let set overnight to draw out the juice. Put over a low fire with one sliced lemon per quart of preserve. Cook until brown and thickened. Pour into sterilized jars and seal.

MRS. ETHEL MOON'S CHESTER ST. BLOCK ASSN. PEACH PRESERVES

Peel and slice 4 C peaches. Cover with 3 C sugar and let stand overnight. Put all in pot next day and simmer until cooked down and sirupy. Pack into sterilized jars and seal.

MRS. VIOLA TAYLOR'S HOT PEPPERS

Take 1 lb. red and green hot chili peppers, wash well. Leave stems on if desired. Pack tightly into sterilized pint jars. Put 1 tsp. salt in each jar. Heat 2 C vinegar to a boil, pour over peppers. Seal.



MRS. VERNELL STARKEY'S

Chop fine:

- 12 green tomatoes
- 1 firm head cabbage
- 2 bell peppers
- 2 onions
- 2 or 3 hot chili peppers

Put in pan:

- 1C white vinegar
- 1/2C sugar
- 1T salt
- 1T allspice

Add vegetables, simmer until heated through but still crisp. Pour into sterilized jars.

GREEN TOMATOE RELISH





CHOW CHOW

MRS. ETHEL MOON Chop fine, sprinkle with 1/2 C salt, & let sit over night.

Drain. Put in kettle with:

1/2 C sugar, 2 C vinegar,
1 T mixed pickling spice
Hot peppers to taste

Cook quickly until heated through but still crisp.
Pack in pint jars.

MRS. A. J. THOMAS (McELROY BLOCK CLUB)

1 Peck (8 quarts) Green Tomatoes	3 qt. Cider Vinegar 1 tsp allspice	2 T ginger 1/2 tsp Cayenne
1 Dozen "TORPEDO" Onions	1 tsp. ground cloves 2 tsp cinnamon	2 qt. water 2 C sugar
1 C salt	1 C Mustard seed	

Quarter Tomatoes and slice onions. Place in brine made of water and salt over night with a weight. Drain.

Boil 20 minutes, in vinegar. Add sugar and Spices and simmer 10 minutes longer. Pack and Seal in quart jars.

Variation

Use 2T Cayenne for "hot" Tomato Relish.

TADBERT GREEN TOMATO RELISS

Chop:

2 qts green tomatoes	2 medium onions
4 red tomatoes	2 long green chilis

MRS. ROSE MUNSON'S

CHOW-CHOW

Put in large pot with:

1/2 C sugar	2 tsp celery seed	1 tsp mixed pickle spice
2 T salt		1 pint white vinegar

Boil until tender and put up in sterile pint jars. Seal. 6 pints.

Salads

MRS. GLORIA MOBLEY'S SPECIAL CHICKEN SALAD

Take a stewing hen (4 or more lbs.) and simmer in salted water until very tender. Cool. Remove meat from bones, using only white meat for the salad.. Cut the white meat into small chunks. Mix with about 2 C head lettuce, chopped fine, 3 stalks celery, 1/2 onion or one bunch green onions, 1/2 bell pepper, chopped, 2 dill pickles, chopped. Add mayonnaise to moisten. You may add chopped walnuts or chopped apple (1/2 C).

MRS. JEAN WILLIAMS' TOSSED SALAD

Chop one head lettuce, 2 ripe tomatoes, one bunch green onions, 3 sweet pickles or fresh cucumbers, 1/2 bell pepper. Toss with mayonnaise thinned with a little wine vinegar. Garnish with olives.

MRS. MATTIE HARRIS' COLE SLAW

Chop one head firm white cabbage very, very fine. Add 1-1/2 C mayonnaise , mixed with 1/2 teaspoon salt, 1 teaspoon celery seed, a little cider vinegar. You may add 1/2 C crushed pineapple or 2 thinly sliced bananas.

MRS. EATHA McTILER'S

1 small head firm white cabbage, shredded very fine

1 bunch green onions, chopped

2 T sweet pickle relish

1/2 bell pepper, chopped

COLE SLAW

Dressing: 1-1/2 C mayonnaise, 1/2 C sour cream, 1 T lemon juice beaten smooth

Mix all together, garnish with sliced tomatoes.

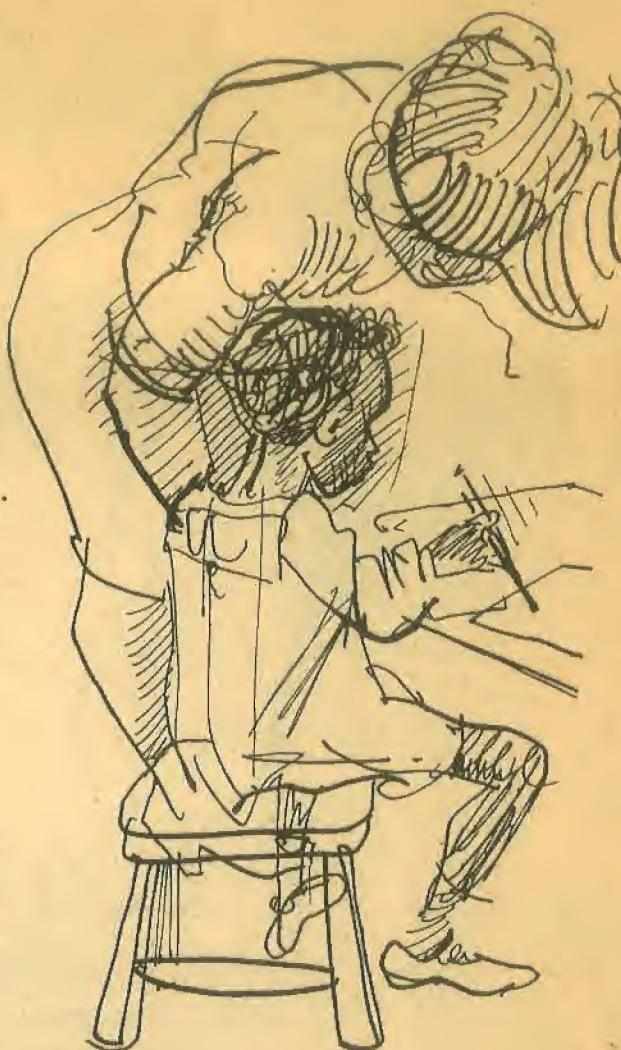
MRS. BEATRICE HALL'S

POTATO SALAD

Cook 4 lbs new potatoes in their jackets until tender.

Cool, peel, chop into small pieces. Mix with:

1 bunch green onions, chopped	1 T butter
4 stalks celery, chopped	2 tsp salt
2 hard boiled eggs, chopped	1/2 tsp pepper
	2 C mayonnaise, mixed together
	1/2 bell pepper, chopped



Garnish with lettuce, olives and paprika.

CHESTER ST. BLOCK CLUB

5 Large Potatoes, boiled and peeled and sliced
5 eggs, hard boiled and sliced.

SLICE: 3 green onions 2T Parsley
 1/4 bell pepper 1/2 carrot
 2 stalks celery 5 sweet pickles
 2 radishes

Mix with potatoes. Blend and add: 1C mayonnaise
1 tsp mustard
1/2C sugar

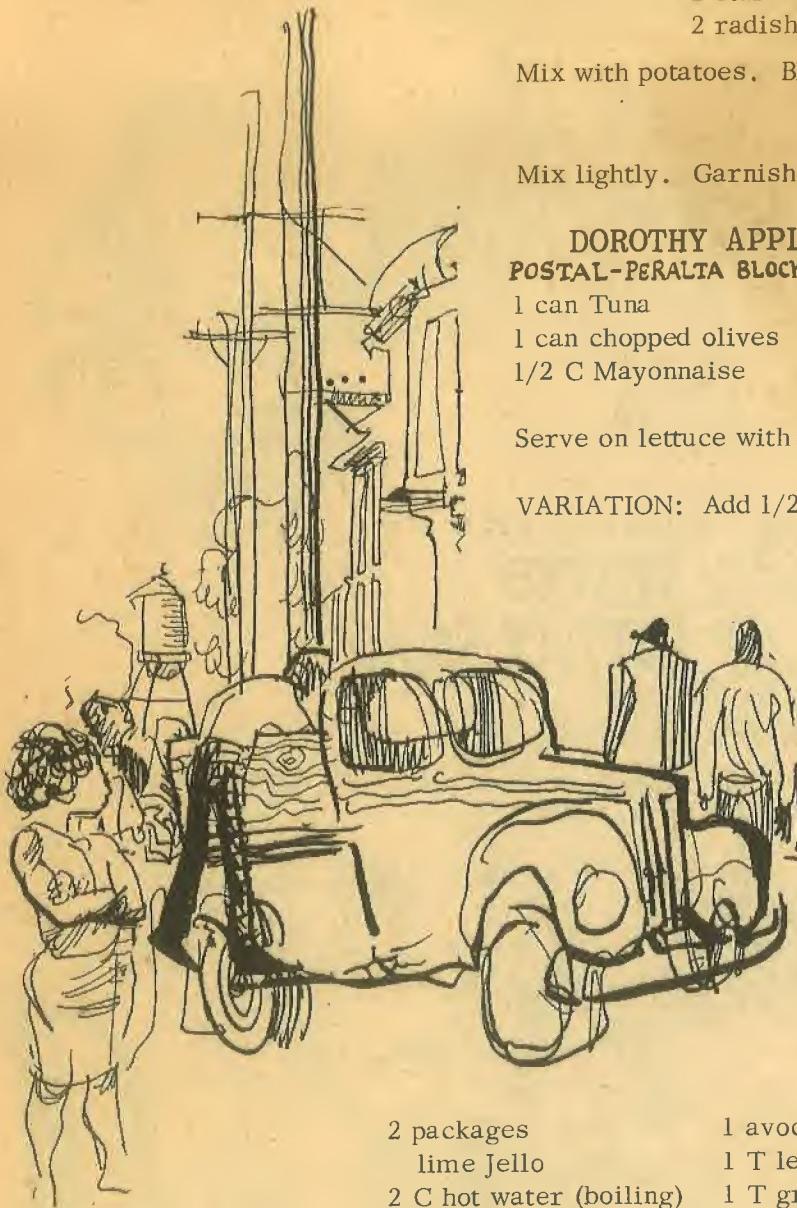
Mix lightly. Garnish. SERVES 6.

DOROTHY APPLEWHITE'S POSTAL-PERALTA BLOCK CLUB TUNA SALAD

1 can Tuna	4 eggs hard boiled and chopped
1 can chopped olives	1 small pimento, chopped
1/2 C Mayonnaise	1 bunch Chives, chopped

Serve on lettuce with crackers. SERVES 4.

VARIATION: Add 1/2 tsp curry powder



MRS. MATTIE DEE MASON'S

RED CABBAGE SLAW

Shred very fine: 1/2 head green cabbage
1/4 head red cabbage
3 carrots

Add: 1 C raisons 1/4 tsp. salt
1 C mayonnaise 1/8 tsp. pepper

Mix lightly and serve on lettuce cups.

MRS. WILMA GOODE'S

LIME AVOCADO MOLD

2 packages lime Jello	1 avocado, mashed
2 C hot water (boiling)	1 T lemon juice
1-1/2 C cold ginger ale	1 T grated onion

Dissolve Jello in hot water, stir in remaining ingredients. Chill in a mold until set. Unmold, garnish with chopped lettuce, sliced avocado, and slices of drained canned grapefruit. Serve with French dressing

MRS. WILMA GOODE'S

With a melon ball cutter, scoop out balls of water-melon, canteloupe, and honeydew melon. Heap into stemmed dishes, pour gingerale over them, and serve as a first course.

MELON BALL COCKTAIL

SPECIAL POTATO SALAD

MRS. ETHEL MOON'S

5 Large Potatoes, Boiled and Peeled and Sliced
5 eggs, hard boiled and sliced.

SLICE: 2 stalks celery

3 green onions 1/2 carrot

2 T Parsely 5 sweet pickles

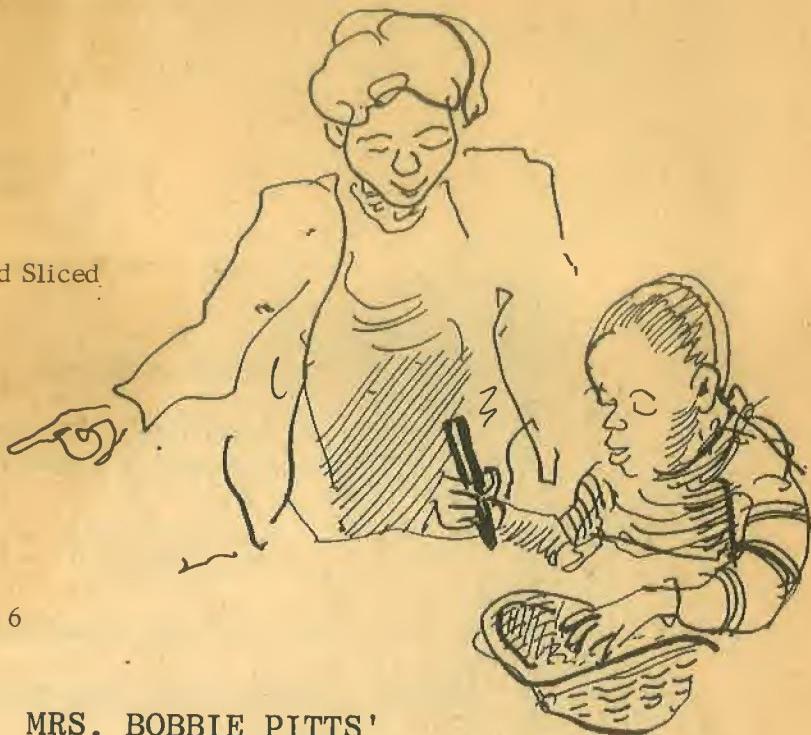
1/4 bell pepper 2 radishes

Mix with Potatoes. Blend and add:

1 C mayonnaise 1 T mustard

1 tsp mustard 1/2 T sugar

Mix lightly, garnish and serve. Serves 6



MRS. BOBBIE PITTS'

WILTED LETTUCE SALAD

Take 2 heads leaf lettuce, wash well. Fry 1/2 lb bacon, chopped. Chop one bunch green onions; add to lettuce, which you have torn into pieces. Make a dressing of the bacon grease, vinegar, sugar, salt and lots of pepper. Toss salad, adding fried bacon.

Dressing: About 1/4 C bacon grease, 2 T vinegar, 1 tsp salt, 1/2 tsp pepper, 1 T sugar.

Vege- ta- bles

MRS. ADDIE BRADLEY'S

STIRRED CABBAGE

Cut 1 small head cabbage in two. Slice real fine. Put 3T bacon grease in heavy pan, add cabbage, stir well. Close pot tight, and steam for 5 min. Season with 1 tsp. salt and 1/4tsp. pepper.



MRS. MATHILDE FONTANETTE
(CENTER ST. BLOCK CLUB)

2 lbs okra (cut into thin slices)	1 medium onion (chopped)
1 clove garlic (chopped)	1/2 bell pepper (chopped)
	2 fresh tomatoes (chopped) if desired

FRIED OKRA

Put into heavy bottomed pot with 3T shortening. Fry until okra loses all its slime. Add 1T flour and brown it. Add 1C water or shrimp stock. Season with:

2tsp salt 1/4 tsp pepper good dash cayenne
1 or 2 chile peppers (cut up)

VARIATION - OKRA WITH MEAT

Add meat or fish (if desired)

1/2 lb fresh shrimp or
1 pkg dried shrimp, boiled to freshen
1 lb cooked oxtails or chicken(cut and browned) or
1 lb cooked hog maws.

Cook until heated through. Serve with rice. SERVES 8.

(CENTER ST. BLOCK CLUB)

Cut corn off 6 ears of corn.

MRS. MATHILDE FONTANETTE'S

3 tomatoes, sliced
2 lbs okra

FRIED OKRA & CORN

Saute together in 2T salad oil in heavy pan. Simmer slowly, covered until slime is out of okra. Meanwhile, freshen 1 pkg. dried shrimp by simmering for 30 mins in 2C water. Add to vegetables. Season with 1 tsp salt, 1/4 tsp black pepper. Thicken with 1 tsp browned flour. SERVES 8.

MRS. NAOMI RANDOLPH'S
(WEST END CHESTER BLOCK CLUB)

OKRA & GREENS

Wash and strip 2 bunches greens. Boil until nearly tender. Cover with 2 pounds okra, cover and steam until okra is tender. Season with salt, pepper, and cayenne.



CONFETTEREE RICE

CENTER ST. WESTWOOD BLOCK CLUB

MRS. ORA PARKS'

Center St. Westwood Block Club

Steam 2 C rice in 4 C water until tender. While rice is cooking, soak 1/2 C dehydrated mixed vegetable flakes in 1 C hot water until tender. Drain. Toss vegetable with hot rice. Add 2 T butter, salt and pepper to taste.

SERVES 6

Very beautiful on a plate.

Steam 1 piece salt pork 2" x 3" until tender.

Cut up 1 lb string beans and 2 medium peeled potatoes.

Cut up salt pork. Put in deep pan. Add string beans and potatoes and 1C water. Simmer until potatoes are done.

Season with salt, pepper (and cayenne) if desired.

SERVES 6.

MRS. LEANER GREEN

STRING BEANS & POTATOES

(CAMPBELL BLOCK CLUB)

PEAS & POTATOES

(10th St. BLOCK CLUB)

Cut a small chunk of bacon in small pieces. Fry until done.

Pour off grease.

ADD: 2 potatoes, cut small
 1 can English peas (with juice)
 1T butter

Season with salt, cayenne and garlic. Simmer until potatoes are tender.

SERVES 4



Gumbos

1. Simmer 2 stewing hens in salted, seasoned water until tender; cut up.
2. Freshen a 3 oz. pkg of dried shrimp in 2 C water; simmer 30 minutes. (Or use 1-1/2 lb. fresh shrimp.)
3. Steam 3 lbs. smoked pork sausage until done.
4. In a very deep, heavy bottomed pot, put the following ingredients:

1/4 C salad oil	3 onions, chopped
6 stalks celery, chopped	3 cloves garlic,
3 bell peppers, chopped	chopped
3 green chile peppers, chopped	

Steam, covered, for 10 minutes; then add:
3-4 crabs, cleaned and cut up (use shells, too)
1 dozen oysters
the shrimp, cut up chicken and pork sausage.

Add 4 C chicken stock; season with:

1 tsp salt 1 tsp cayenne

1 tsp black pepper Hot pepper sauce to taste

Brown 2 T flour and thicken the stock. Then add 2 lbs. cut up okra and 5 fresh tomatoes (if desired). Simmer 30 minutes. Serve over rice.

Serve gumbo file separately for dipping to eat.

GUMBO FOR A CROWD

MRS. LILLIAN
MARSHALL'S

10th St. Block Club

MRS. GLORIA MOBLEY'S

GUMBO



In a large pot put:

1 lb chicken gizzards	1 lb raw shrimp,
1 lb chicken wings	peeled and deveined

Water to barely cover, seasoned with salt and pepper. Cook about one hour. Then add:

1 can crab meat	1 chopped onion
1 bell pepper, chopped	2 C rice, cooked

1 chopped onion	2 lbs okra
2 C rice, cooked	2 cans tomato sauce

Cook 1/2 hour more, simmering. Season highly with Louisiana Hot Pepper Seasoning, black pepper, gumbo seasoning. Serve very hot.

MRS. ANNIE CONNOR'S

GUMBO

1 C fresh shrimp	1 C celery
1 C dried shrimp	1 C crabmeat
4 cloves garlic	1 large stewing hen
1 qt okra	2 ears of corn on cob, scrape off corn
1 large onion, chopped	
2 tomatoes, chopped	

Cook chicken until tender in plenty of boiling water; add the rest of the ingredients and cook another hour. Season highly with salt, black pepper, cayenne, hot pepper seasoning. Serve with boiled rice. You may thicken it with brown flour.

MRS. VIOLA TAYLOR'S

BEEF
GUMBO

Simmer 3 lbs. lean short ribs of beef in salted water until very tender. Add:

3 lbs okra	3 cloves garlic
2 lbs fresh tomatoes	1 can dry shrimp,
1 onion, chopped	if desired.
1 bell pepper, chopped	
1 can crab meat, if desired	

Cook 1/2 hour, serve with rice.

Add cayenne to taste

MRS. NAZAREE JONES'

VEGETABLE
SOUP

Buy a soup bone, a lb of stew beef and a lean ham hock. Put all in a kettle with plenty of salted water and cook until tender. Then add:

4 potatoes, diced	Bay leaf
1 onion, sliced	1/2 tsp pepper
2 carrots, sliced	1/2 tsp chili powder
1/2 bell pepper	1 cabbage, chopped
Some noodles	Any other vegetables you can get--

Cook until vegetables are done, about 1/2 hour. It tastes better reheated.

Fish Dishes

MRS. VIOLA TAYLOR'S

Take the meat of one fresh turtle, cut into chunks as for stew. Dip in flour, brown in hot butter. Add water to cover, simmer about an hour until tender. Season highly with salt, (2 tsp) black pepper and cayenne pepper. Thicken with browned flour.

TURTLE STEW



MRS. DOROTHY BRANNON'S

Batter:

2 C flour	1-1/2 tsp baking powder
1-1/2 C milk	2 eggs, beaten
1/2 tsp salt	Fresh black pepper

OYSTER STEW

Beat until smooth. Dip oysters, about one quart, in this, after draining them well. Fry in hot grease, turn once. When brown, drain on paper towels, serve with tomato or tartar sauce.

Tartar Sauce: 3 dill pickles, chopped real fine; 1 T vinegar or lemon juice; 1 C mayonnaise, 1/4 tsp salt, 1 T chopped parsley. Mix together.

MRS. DOROTHY BRANNON'S

1 bell pepper, chopped	1 bunch green onions,
3 stalks celery,	chopped
chopped.	

SALMON OR MACKERAL + RICE

Steam 2 C rice in 4 C boiling water for 20 minutes. Add one large can salmon or mackerel and the vegetables to the hot rice. Sauté in 1/2 C butter or oil until crisp and brown.

MRS. PERNELLA JOHNSON'S

1 lb fish fillets or fish heads.	1 large can tomatoes or 6 fresh tomatoes
1 pkge frozen okra, or 1 lb resh	1 large onion, chopped
2 cloves garlic	1 small bell pepper, chopped
1 can shrimp or 1/2lb fresh shrimp	1 tsp salt
2 T oil	1/4 tsp black pepper, hot pepper seasoning

FISH COUVIGNON

Place in layers in large heavy skillet and cook slowly until done.
Serve with rice.

MRS. IVY TILLMAN'S

FISH IN BATTER

Batter:

1 C flour	1 tsp salt	1/2 C evaporated milk
1-tsp vinegar		and water

Wash your fish, bone it and cut in small chunks. Dip in the batter and fry in deep hot grease, the quicker the better. Serve with white sauce,

MRS. IVY TILLMAN'S

BAKED**FISH**

Chop: 2 cloves garlic, 1 onion, 4 stalks celery,
1/2 bell pepper.

Fry in 2 T butter until half done. Season with 1 tsp salt, 1/4 tsp black pepper, 1/2 tsp sage. Stuff a large cleaned fish (4 or more pounds) with this.

Cover with brown paper or foil and bake in a pan with 1/2 C water, 1/2 cube butter at 350° for 1 hour. Make gravy of pan juice, 1/2 C tomato sauce, parsley. Season as desired. Remove paper. Pour over fish and serve.

MRS. FANNY JEFFERSON'S

FRIED**BUFFALO FISH**

Take fresh Buffalo fillets and dip in flour or corn-meal. Fry in one inch hot lard until brown on both sides. Season with salt, pepper, and cayenne.

MRS. DORETHA FORD (CAMPBELL BLOCK CLUB)

**CRAW-
FISH
ROUX**

Take a pail of fresh caught crawfish - at least 40 for a family of 6.

Separate tails and boil them in salted water until red. Peel and take out the sand vein. Boil claws and head separately. Squeeze out juice from the tails and heads with thumb and fore finger. Save for the roux. (There should be about 2C.)

Brown 2T flour in 2T oil. Add:

good shake garlic salt	
1/2 tsp pepper	1 bunch green onion, chopped (use
1T salt	mostly green parts)

Then add juice from heads and meat from tails. Simmer until thick. Serve over hot rice. Serves 6.

MRS. MATHILDE FONTANETTE (CENTER ST. BLOCK CLUB)

**CATFISH
COUVIGNON**

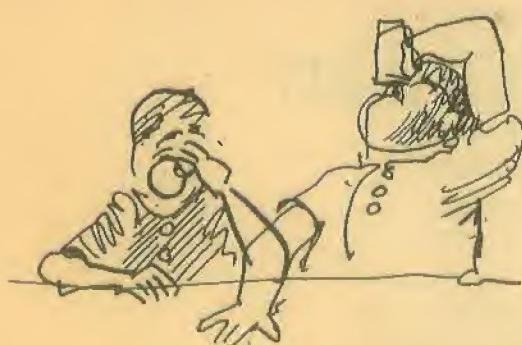
Chop: 1 medium onion
1/2 bell pepper
1 stalk celery
1 clove garlic.

Put 2T cold shortening in
deep pot.

add: 5 or 6 small catfish. (cleaned and cup up on top of vegetables) Let simmer 1/2 hr while covered.

Season with: 2 tsp salt
1/2 tsp black pepper
1/4 tsp cayenne

Add: 1/2 C water if fish becomes dry. Thicken stock with 1T flour. Simmer 10 mins longer. Serve over Rice and with potato salad as a side dish. SERVES 10.



Cheese Dishes

MRS. AREATHA HILL'S

MACARONI AND CHEESE

Cook one 12-oz. package of macaroni in large amount boiling salted water until half done but still chewy. Strain out the water. Place one layer of macaroni in a large baking pan. Melt one cube of butter and pour 1/4 of this over the macaroni. Grate 1/2 lb. cheddar cheese; add 1/4 to first layer. Repeat with macaroni, butter and cheese until all is used. Beat 2 eggs with 1-1/2 C milk, 1 tsp salt, 1/4 tsp black pepper. Pour this over the casserole. Bake in moderate oven (350°) for 40 minutes or until custard is set.

MRS. MATTIE HARRIS'

MACARONI CASSEROLE

Boil an 8 oz. package of macaroni in a large amount of boiling salted water until tender, about 15 minutes. Drain, and mix with:

3 T butter	1/2 tsp salt
1 C rich top milk	fresh black pepper
6 soda crackers, crushed	

Bake in a greased casserole 1/2 hour at 350°.

MRS. VERNELL STARKEY'S

Peel and slice 4 large potatoes. Parboil 10 minutes until half done. Place a layer in greased casserole. Add a layer of grated mild cheddar cheese. Repeat, until potatoes are used up and 1-1/2 C of cheese have been used in all. Cover over with white sauce:

2 C milk	1-1/2 T cornstarch	1-1/2 tsp salt
2 T butter		1/4 tsp pepper

Cook slowly, stirring until thick. Bake in 350° oven for 45 minutes.

POTATOES WITH CHEESE



Meat Dishes

1 small heart, beef or pork

1/2 lb. lights (lungs)

1 onion, chopped

MRS. LILLIAN JOHNSON'S

2 stalks of celery, chopped

1 small bell pepper, chopped

HASHED LIGHTS

Boil lights and heart in salted water until tender. Saute onion, celery, and bell pepper until lightly brown and pour over pan of cut up cooked meat and liquid. Brown 2 T flour or use gravy mix. Pour over meat and cook slowly for 1/2 hour. Eat with rice.

MRS. NAZAREE JONES'

Take 3 lbs. pig tails, 2 tsp salt, 1/4 tsp pepper, 3 large bunches turnip greens, washed in 3 waters. Simmer together in water until the meat falls from the bones. Serve with corn bread.

GREENS AND PIG TAILS



Boil 2 hog maws until tender.

Corn Bread Stuffing	2 eggs, beaten
4 C broken corn bread	1/2 tsp sage
4 C boiling water	1/2 C bacon fat
1 onion, chopped	1 tsp salt
1 C celery, chopped	1/4 tsp pepper

Combine bread and boiling water and squeeze out water. While still hot, add remaining ingredients, mix well and stuff hog maws. Sew or wrap in foil. Bake at 350° until brown. Slice when ready to serve.

MRS. LILLIAN JOHNSON'S

STUFFED HOG MAWS

MRS. AUDREY STEELE'S

FRIED TONGUE

Parboil a fresh beef tongue in salted water until tender. (Add 2 peppercorns and some sliced onion to the salted water). Cool and peel the tongue. Slice it about 1/4 inch thick, dip in cornmeal and fry in hot lard. Season with salt and pepper.

MRS. AREATHA FRANK'S

HOG HEAD CHEESE

Wash a fresh hog head well. Put it in a kettle of boiling water seasoned with 2 tsp salt and 2 whole red peppers. Add 2 pig's feet and 2 pig's ears, well washed. Simmer until very tender. Cool.

Take meat from bones into a large bowl (enamel or china), shred it fine and place it in a cheesecloth bag to squeeze out the grease. Put it back in the bowl, add the liquid from the pot and the following: 1/2 C vinegar, 2-3 tsp sage, more salt and red pepper to taste. Let jell in refrigerator overnight. Slice and serve.

VARIATION 1

Steam 1/2 C chopped celery, 1/2 chopped bell pepper, 1 finely chopped onion in a little pot juice to cook through. Add to meat.

VARIATION 2

Add 2 cloves garlic, chopped bell pepper, chopped onion to kettle before cooking meat. After boning meat and skimming excess fat, add 1 bunch chopped green onions and 2 sliced pimentos before molding the cheese.

MRS. BERNICE DILLON'S

KIDNEY STEW

Take 2 pounds beef or pork kidneys and wash them well. Cut in small pieces and put in salted water barely to cover. Simmer for 1/2 hour. Add the following: 1 large onion, chopped, 1 bell pepper, chopped, 1/2 C celery, chopped, 1 clove garlic, chopped. Simmer, uncovered, until most of liquid is gone. Season highly with black pepper and add salt to taste. You may thicken liquid with browned flour. Serve with rice.

VARIATION

Add bay leaf to salted water. Add one long hot green chili pepper with other vegetables and season with more liquid pepper seasoning to taste.

MRS. VIOLA TAYLOR'S
CHITTERLINGS

Take 3 lb. chitterlings. Wash well in several water. Put in deep pot with salted water. Put a potato in to keep down the smell. You may add one cut-up onion and 2 cloves garlic to the water if desired. Simmer 45 min., or until tender. Serve with hot sauce.

MRS. PERNELLA JOHNSON'S

Wash 3 lbs. of fresh chitterlings in several waters. Parboil in salted water, with 1 T vinegar, until barely tender. Drain and dry thoroughly. Dip in flour seasoned with salt and cayenne pepper. Fry in deep hot fat (375°) until crisp and brown. Drain on paper towels.

**FRIED
CHITTERLINGS**

MRS. DOROTHY BRANNON'S

Clean 5 pounds chitterlings thoroughly in luke-warm water. Boil in fresh water until barely tender. Add:

2 T vinegar	4 stalks celery, chopped
1 large onion, chopped	1 bell pepper, chopped

Cook until tender. Season with salt, pepper, to taste; it will take quite a lot of salt.

MRS. RANDOLPH West End Nursery **CHITTERLINGS**

Take your parboiled Chitterlings, about 2 lbs. Drain. Dry. Season with salt and Black Pepper, Accent, and Cayenne. Dip in: Two Eggs, beaten well. Then in 4 T flour, until well coated.

Fry in hot deep fat, about 4 minutes, until browned. Drain. Dip in seasoned Chile Sauce or use Hot Sauce to season. Serve with Potato Salad. Serves 4.



MRS. LILLIAN JOHNSON'S

1 Jack rabbit or tame rabbit, ground	1/2 tsp cayenne pepper
2 lb. salt pork, ground	1 10¢ pkg chopped red chili pepper
1/2 tsp black pepper	

Mix all together. Form into 12 large patties. Fry in pan until well done.

**RABBIT
SAUSAGE**

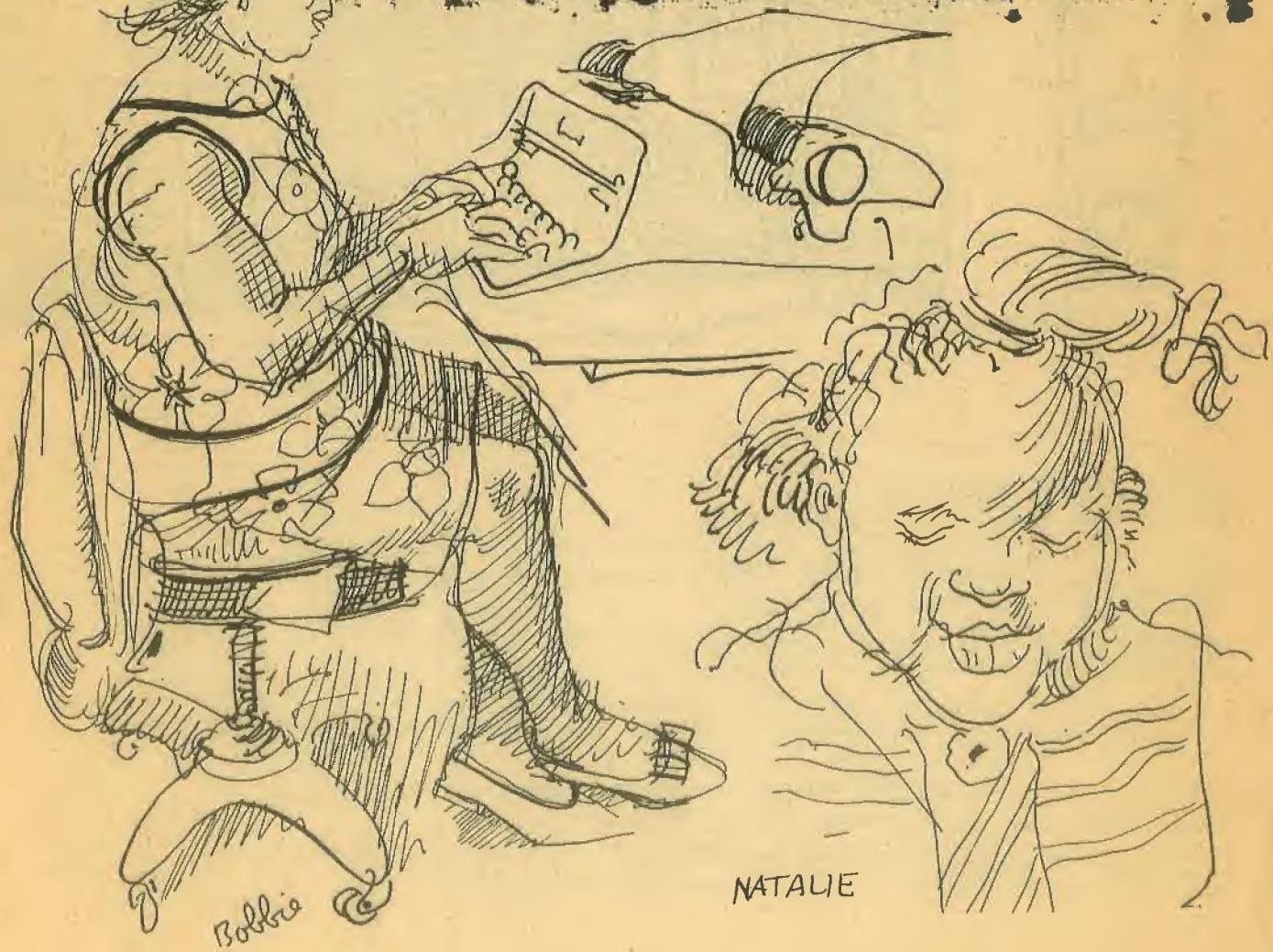


MRS. LILLIAN JOHNSON'S

1 rabbit, cut up	2 tsp salt
1 large onion, chopped	1/4 tsp black pepper
1 small can mushrooms, or use fresh	1 small bell pepper, chopped

Flour, season and brown the rabbit in hot fat. Pour over 1 C hot water and the vegetables. Cover and simmer until tender.

**STEWED
RABBIT**



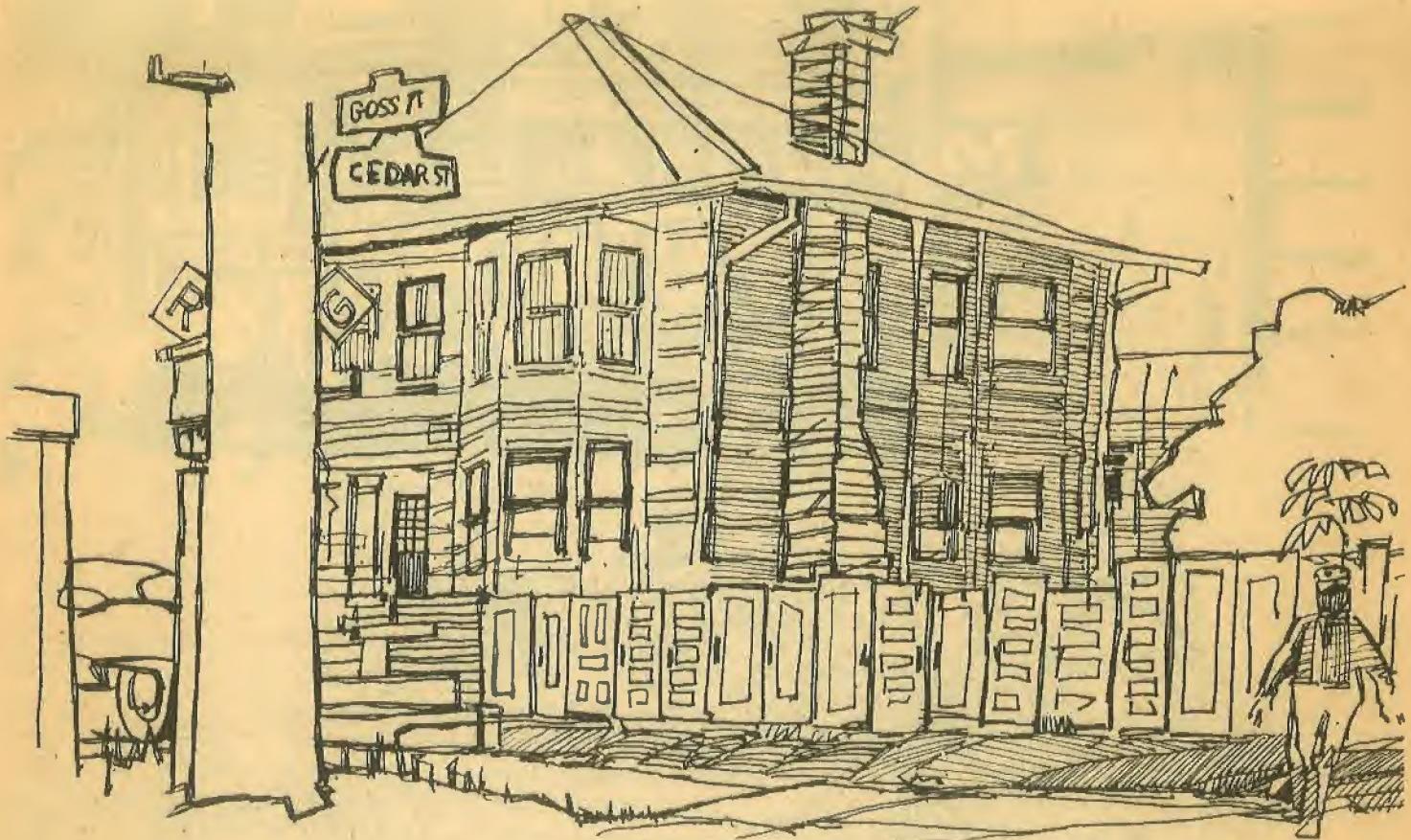
Boil 3 or 4 Ham Hocks in deep pot.

MRS. DOROTHY MARSHALL

Prepare 8 bunches collards, or mixed greens. (collards, mustards, etc may be used). Sprinkle with washing powder. Wash well. Rinse three times in clear water. Strip off stems.

Add greens to ham hocks after discarding most of the stems. Cook, covered, 1/2 hours. THAT'S ALL!

GREENS FOR A BIG FAMILY



MRS. SARAH SCOTT'S COMBINED CLUB, 3rd St., 5th St., Henry & Lewis

Serves 10 to 12. Clean a possum, about 6 pounds, parboil it whole in salted water for 30 min. Dry off and place in oiled baking pan. Sprinkle with: 1T salt

1T black pepper

1/2tsp red pepper

BAKED POSSUM

Peel 3 lb. small sweet potatoes. Lay them inside the possum with 1 tsp whole black peppers.

Bake in 350° oven about 1-1/2 hrs. Baste every few min with:

1/2C vinegar 1/2C water

This will make it nice and brown. Serve on platter with sweet potatoes. Thicken pan juice with browned flour.

MRS. BEATRICE HALL'S

Take 3 bunches nice collards and rinse well in several waters. Put in a large pot with:

2 or 3 ham hocks	2 tsp salt
3 bell peppers, cut up	1/2 tsp pepper
1 large onion, cut up	

Cook about 2 hours until meat is very tender.
Serve with rice.

COLLARD GREENS & HAMHOCKS

MRS. ELSIE DOLLAR'S SOUTH CENTER BLOCK CLUB

Simmer in oil: 1 chipped onion and 1/4 lb salt pork (chopped)

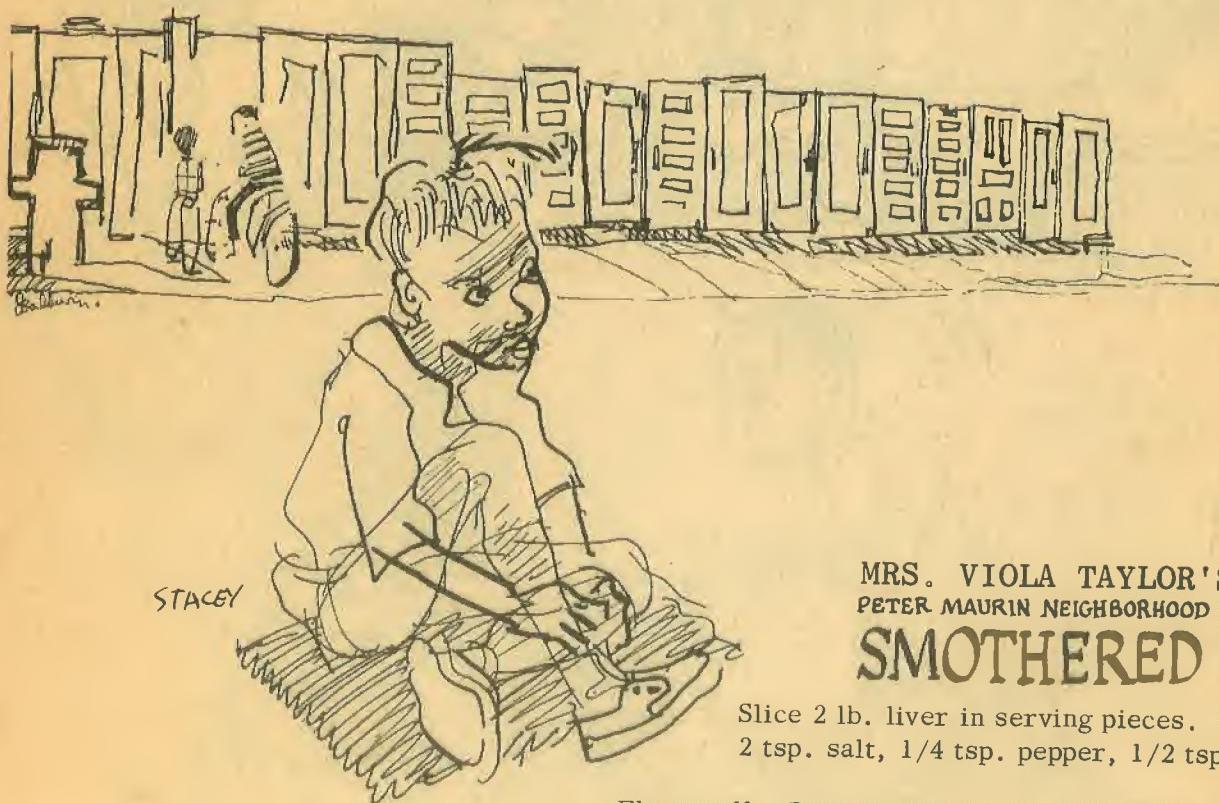
Add: 1 can whole kernel corn	Dash: garlic salt
. 1 2-1/2 can stewed tomatoes	cayenne
	garlic powder
	salt & black pepper

You may add 1/4C chopped bell pepper
1 whole Red Hot pepper

Simmer 15 mins. Add 1-1/2 lbs sliced okra. Simmer until okra is tender, but not mushy.

VARIATION: Add 1 lb ground beef with salt pork. Serves 6.

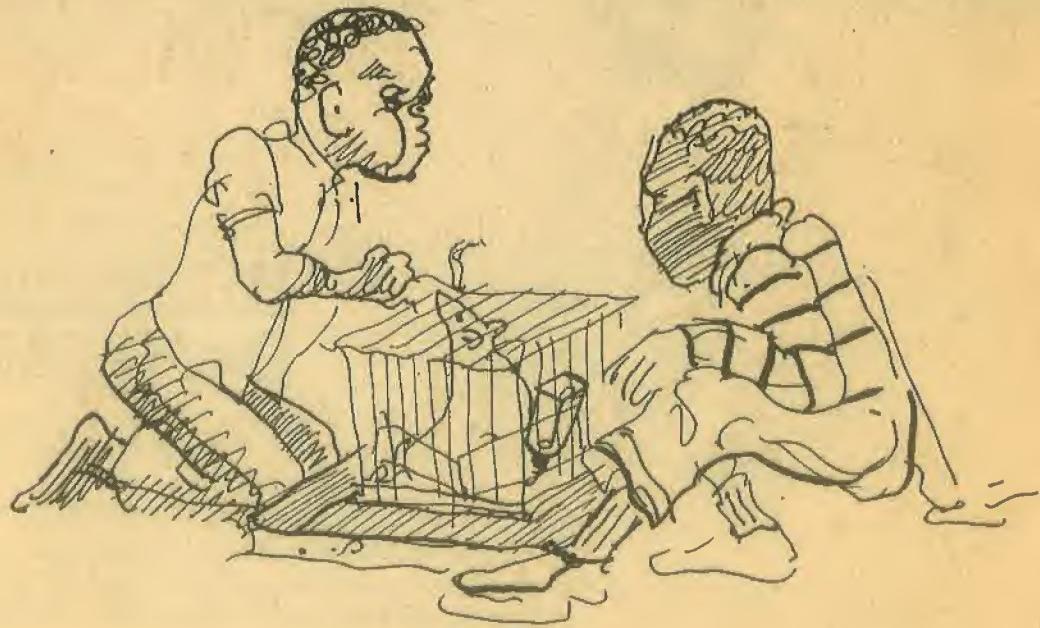
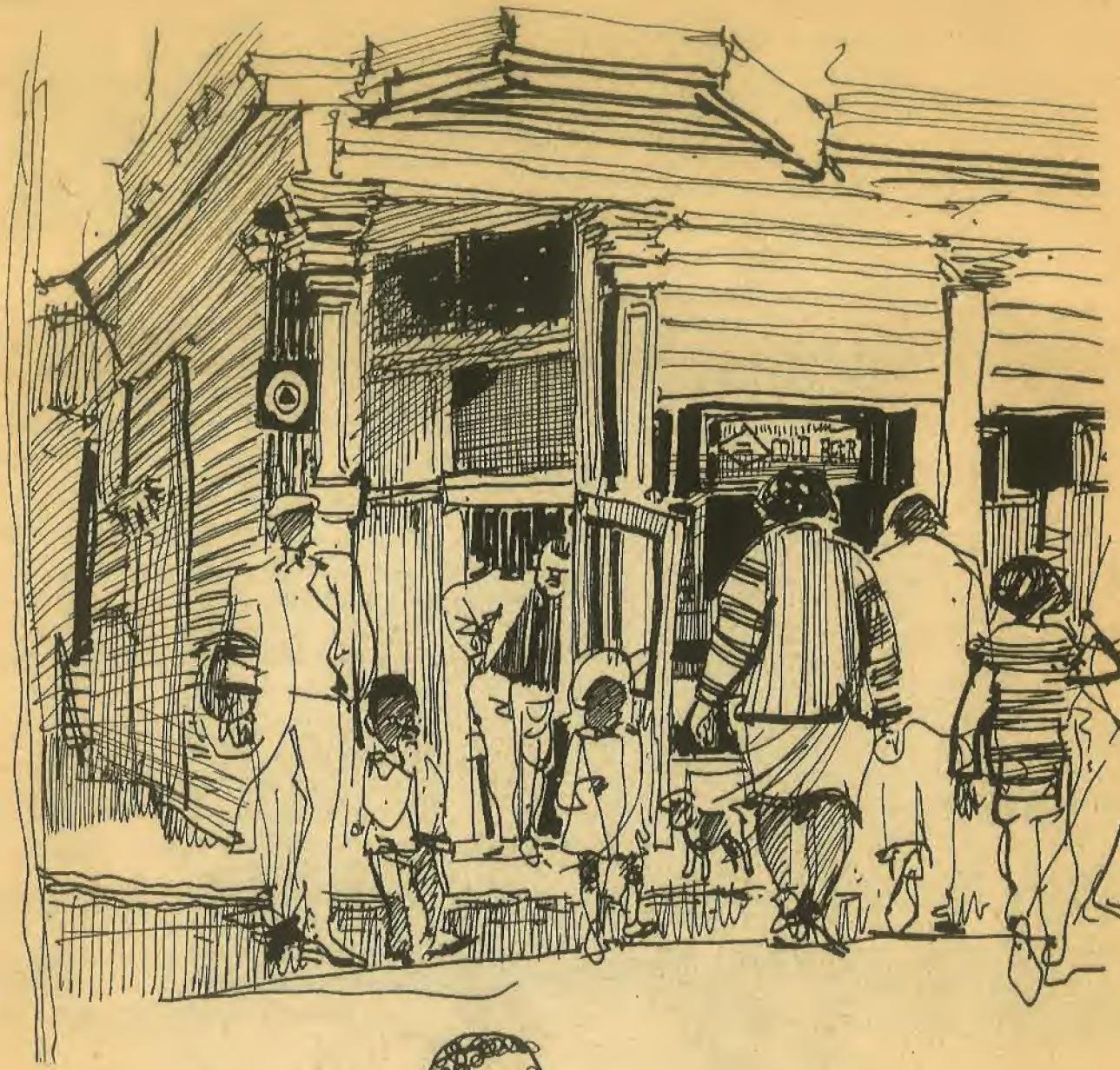
SPECIAL CORN TOMATO OKRA

MRS. VIOLA TAYLOR'S
PETER MAURIN NEIGHBORHOOD HOUSE

SMOTHERED LIVER

Slice 2 lb. liver in serving pieces. Season with 2 tsp. salt, 1/4 tsp. pepper, 1/2 tsp. season salt

Flour well. Put into skillet with 2T hot oil. Add 2 onions, sliced into rings. When brown on one side, flip pieces over to brown on the other side. Add 1/4 C water and mix with pan juices for gravy. Remove at once and serve- don't over cook it.





MRS. RUBY HANTON'S

HOG'S HEAD STEW

Take a fresh hog head, clean it well. Boil it in water until very tender, about 2-1/2 hours. Cut off the meat in small pieces. Add:

6 potatoes, diced, 1 can of whole corn, or 4 ears of corn cut from cob, 1/2 C catsup.

Simmer together until the potatoes are tender. Season with salt and pepper.

MRS. BEATRICE HALL'S

BLACKEYED PEAS WITH NECKBONES

Boil 3 lbs. neck bones until very tender in salted water. Add 2 lbs. blackeyed peas, more water to barely cover and cook for 2 hours at a simmer. Add salt (2 tsp or more), fresh black pepper to taste. Serve with boiled rice and sweet potatoes.

MRS. DOROTHY SHEEREN'S

RED BEANS WITH PORK

Put 3 lbs. washed pigs feet in a pot, add 2 lbs. small red beans, 1 large onion, chopped, 1-1/2 tsp salt, and black pepper. Add enough water to cover and cook 2-1/2 hours. Add more water if necessary.

MRS. DOROTHY MARSHALL

SMOTHERED CABBAGE

1/4 lb salt pork

Cut into small pieces. Fry until lightly browned, in deep pot. Cover with one inch water.

1 head cabbage.

Cover pot and steam while chopping the cabbage. Chop fine. Add to salt pork. Cook 3 to 5 minutes longer. Season with cayenne and black pepper to taste.

VARIATION

Add: 1 hot pepper
1 chopped onion
1 lb hamburger

Cook together with salt pork 30 mins.

VARIATION

Add: chopped onion
1 lb ground beef
1 tsp cayenne
1/4 lb salt pork - chopped fine

(CHESTER ST. BLOCK ASSOCIATION)



2 lbs red beans. Wash thoroughly. Put on to boil hard covered for 45 mins. Drain

2 small bags dried shrimp, chopped fine. 1-1/2 lbs fresh pork skins (fried until medium dry).

Spread in bottom of deep pan : 1 layer beans
1 layer shrimp
1 layer pork skins.

Chop: 2 large red onions
Cut in Strips: 2 large bell peppers
2 stalks of celery

Smother lightly in oil or bacon grease.

Add: 1 can of tomato sauce (6-oz) 2 cups of water
1 can of tomato paste

Add: 1 tsp cayenne 1 tsp black pepper
1 tsp salt (or season to taste)

Cover and bake at 250° or 350° until tender. Cook for approximately 3 hrs. Add water if dry. Serve with rice or hashed brown potatoes. SERVES 10.

MRS. PRINCELLA TAYLOR'S ONE POT CHILI BEANS

Put the following into a big pot:

1 lb. pinto beans	2 T chili powder
2 lbs. lean ground beef	2 tsp salt
2 cloves garlic	1/2 tsp pepper
1 onion, chopped	

Add enough water to barely cover, bring to boil and simmer until the beans are bursting (about 2-1/2 hours).

Make your chili sauce:

1 onion, cut up	1 lb. ground beef
4 cloves garlic	1 lb. stew beef, each
2 hot peppers, chopped	chunk cut small
2 T chili powder	1/2 C oil or lard

Brown meat in large pot, add vegetables, then add the seasonings and 2 tsp salt and 1/2 tsp black pepper, 2 C water. Cook slowly for one hour or more until very tender. Add more chili powder if desired. Mix with 2 lbs. red beans boiled in large amount water until tender.

MRS. ANNIE CONNOR'S

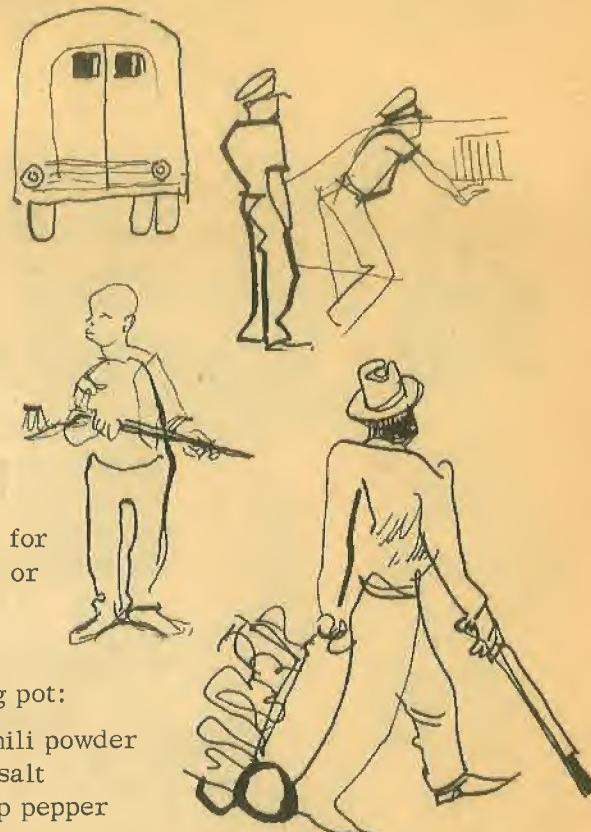
CHILI WITH BEANS

Put the following in a large pot with water to cover:

1 lb. large white lima beans	shanks, bacon rinds or 1 lb. salt pork
2 or more lbs. ham	

Bring to boil, and simmer until beans are tender, about 2 hours. Add one onion, chopped finely, 1 tsp salt, and 1 tsp savor salt, plus pepper (1/4 tsp). Simmer 1/2 hour longer, adding water if necessary.

MRS. DORETHA FORD'S CAMPBELL BLOCK CLUB BAKED RED BEANS



MRS. ZENOBIA COTTON'S

LIMA BEANS



MRS. ANNABELLE GORDON'S

**BOILED
DINNER**

Cook 2 lbs. bacon rinds or 1 lb. salt pork for one hour in lots of water. Add 4 lbs. potatoes, 3 large onions, all cut up, and 3 lbs. green beans (fresh), salt and pepper. Cook until potatoes are tender.

MRS. MARGIE CARNEY'S

Brown 2 lbs. chicken wings in 2 T hot lard. Add 2 onions, sliced, and 1/2 green pepper, sliced. Season with 2 tsp salt, 1/2 tsp black pepper. Add 2-1/2 C water. Cover and simmer 1/2 hour. Serve with rice.

**SMOTHERED
CHICKEN WINGS**

MRS. JAMES ETTA COLLINS'

Disjoint 2 young fryers, wipe well. Dip in flour mixed with 2 tsp salt and 1/2 tsp pepper. Then dip in beaten egg, then in crumbs or cornmeal. Fry in one inch of hot oil until brown, turn and brown the other side. Turn heat down, cover pan and cook another 25 minutes. Take off lid and crisp for 10 minutes more or put in hot oven for 10 minutes. You may also fry in deep fat for 15 minutes in all.

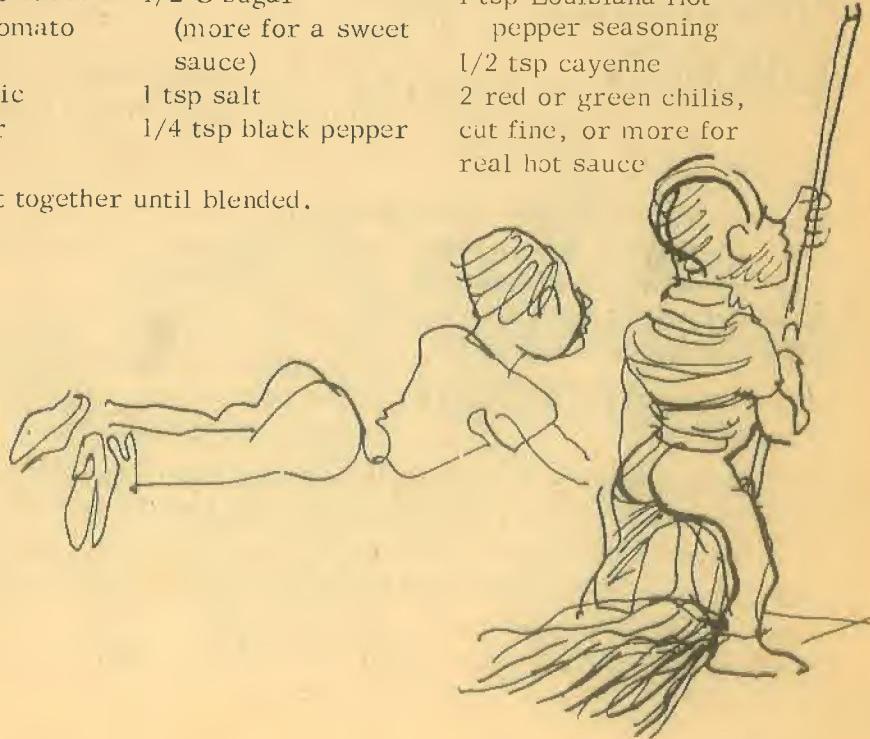
MRS. WILMA GOODES'

Take 6 lbs. of lean meaty spare ribs and brush with soy sauce. Put on your barbecue or in hot oven for 1/2 hour. Begin basting with this sauce after the first ten minutes, and every few minutes thereafter until meat is done (1-1/2 hours in all) turning after each time you baste the meat.

Hot Barbecue Sauce

2 cans tomato sauce	1/2 C sugar	1 tsp Louisiana Hot
1 small can tomato paste	(more for a sweet sauce)	pepper seasoning
3 cloves garlic	1 tsp salt	1/2 tsp cayenne
1/2 C vinegar	1/4 tsp black pepper	2 red or green chilis, cut fine, or more for real hot sauce

Heat together until blended.



MRS. PERNELLA JOHNSON'S

**STUFFED
CABBAGE**

Take one head cabbage and steam until the leaves are separated.

Stuffing:

2 lbs. lean ground beef	1/2 bell pepper, chopped
2 eggs	2 tsp salt
1/2 onion, chopped	1/4 tsp pepper
1 clove garlic, chopped	

Form into small patties, wrap each in a cabbage leaf like an envelope. Simmer in covered pot in one can tomato sauce and two cans water for one hour.

2 lbs ground beef	1 egg
1/2 tsp salt	1/4 tsp ground pepper
3/4 cup bread crumbs	1/4 C chopped onions
1/4 cup chopped bell pepper	1 clove of garlic

2 cans tomatoe sauce

MISS DORINE THOMPSON
(CAMPBELL BLOCK CLUB)

**PIG
IN THE
BLANKET
(STUFFED
CABBAGE)**

Mix Well. Take 1 medium cabbage. Cut core from cabbage very carefully. Pull leaves from cabbage. Wash them carefully. Put leaves into large boiler. Steam until leaves are wilted. Then take leaves from boiler. Place on a platter. Let leaves cool, 3 to 4 mins. Then take one leaf from platter. Roll balls of ground meat into each leaf. Stick in tooth picks to hold leaves. Then, carefully, place into a long, deep pan. Pour over two cans of tomato sauce with one cup of water. Cover the pan. Place into oven. Oven temp. should be 350°. Cook 30 to 40 mins. Serve over rice. SERVES 6 to 10.

MRS. M. RANDOLPH

**SMOTHERED
CHICKEN**

Cut up 2 fryers,	dip in flour seasoned with:
2 tsp seasoned salt	1/4 tsp black pepper
1/4 tsp garlic salt	

Brown in 1/4 C oil. Add 2 onions, sliced. Cook, covered until tender. Add 1C hot water, thicken with browned flour. Serves 6.



MRS. NAOMI JORDAN'S

**ROAST CHICKEN
WITH CORN BREAD
STUFFING**

Take a 6 lb. roasting hen or capon; stuff with the following:

4 C corn bread crumbled	1/2 tsp poultry seasoning
1 onion chopped	2 stalks celery, chopped
1/4 C butter, melted	

Sew up the chicken rub with butter, sprinkle with 2 tsp salt. Put a cheesecloth over the breast, place on pan with a rack. Roast in 350° oven for 2 hours, adding more butter. Remove cheesecloth the last 1/2 hour to brown. Make gravy of pan drippings, water, browned flour.

MRS. DORETHA FRANK'S
CHICKEN AND DUMPLINGS

Take a nice stewing hen, about 5 lbs. Simmer the pieces in salted water, with 2 tsp salt, 1/4 tsp pepper, 2 green onions rib of celery, until very tender. Make your dumplings:
 2 C flour, sifted with 2 tsp baking powder, 1/2 tsp salt, 2 T butter, melted and cooled, milk to make a dough. Drop spoonful of this on top of the broth the chicken was cooked in and which you have thickened with flour and water paste. Cover the pot tightly, cook for 30 minutes. Put chicken back in and garnish with parsley.

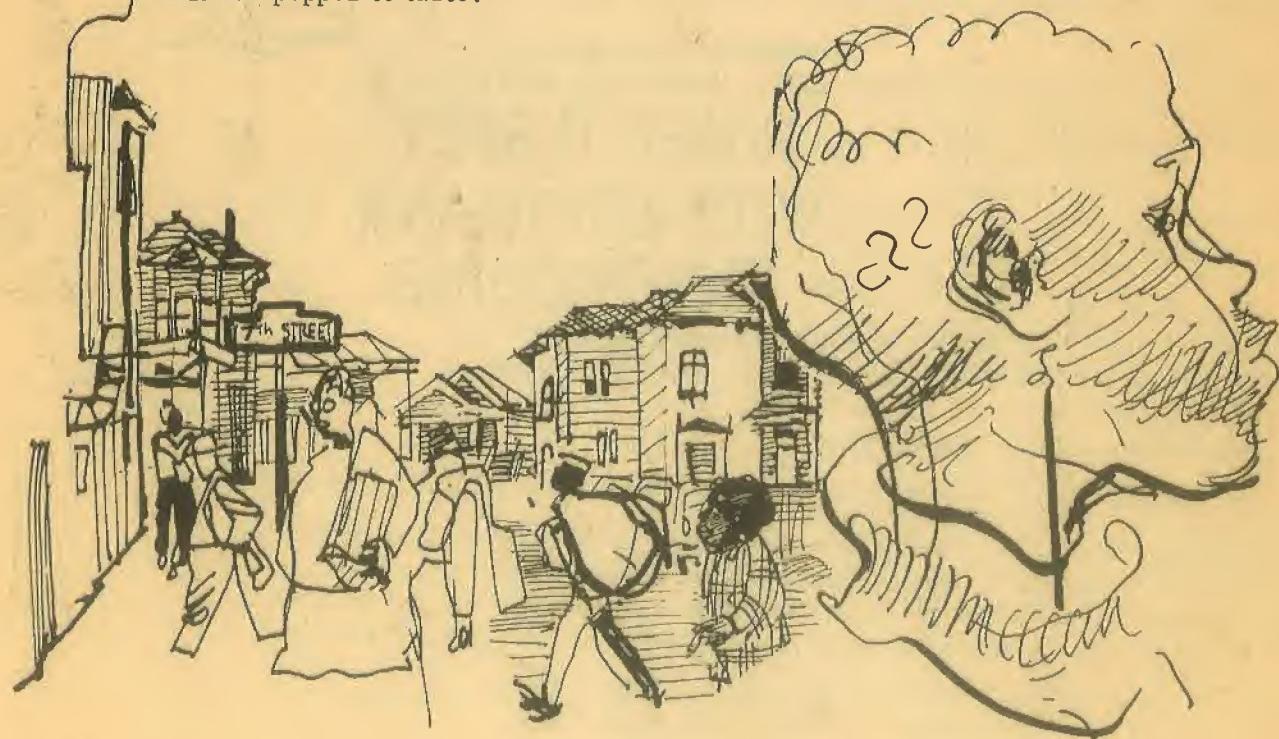
Simmer giblets and neck of a 12-lb Turkey for 45 mins in salted water. Chop fine: 4 stalks celery 1 onion 1 bell pepper

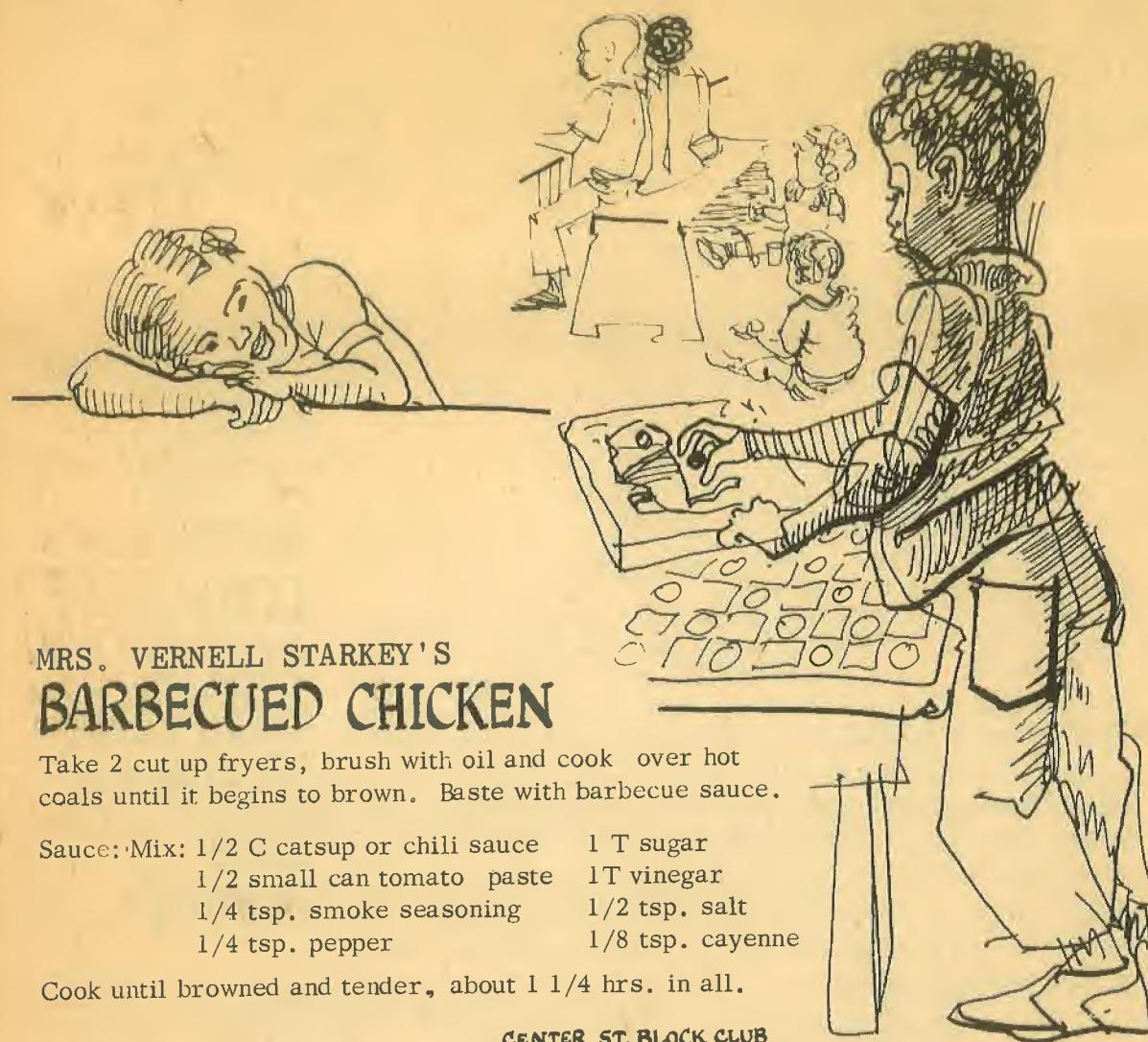
Simmer in 4T butter in heavy skillet until tender. Crumble one small pan cold corn bread or use leftover corn bread. Make about 4C. Toast 5 pieces white bread. Chop fine. Mix with vegetables, & 1 beaten egg.
 Season with: 2 tsp salt 2 tsp Poultry Seasoning.
 1/2 tsp pepper Let Cool.

Salt your turkey inside and out and stuff with part of dressing. Bake the rest in a greased casserole. Rub butter on the turkey and cover roaster or use foil in an open pan. Put in 1/2C water. Roast at 350° until nearly done. Remove cover to brown. Baste every 15 mins with pan juices. Serve with:

Giblet-Egg Gravy: Hard cook 3 eggs, slice thin. To pan juices, add stock and chopped giblets and the neck meat. Brown 3T flour in butter and use to thicken drippings. Add salt and pepper to taste.

MRS. VERNELL STARKEY
ROAST TURKEY WITH CORN BREAD STUFFING & GIBLET EGG GRAVY





MRS. VERNELL STARKEY'S BARBECUED CHICKEN

Take 2 cut up fryers, brush with oil and cook over hot coals until it begins to brown. Baste with barbecue sauce.

Sauce: Mix:	1/2 C catsup or chili sauce	1 T sugar
	1/2 small can tomato paste	1 T vinegar
	1/4 tsp. smoke seasoning	1/2 tsp. salt
	1/4 tsp. pepper	1/8 tsp. cayenne

Cook until browned and tender, about 1 1/4 hrs. in all.

CENTER ST. BLOCK CLUB

MRS. MATHILDE FONTANETTE

ROAST TURKEY WITH LOUISIANA RICE DRESSING

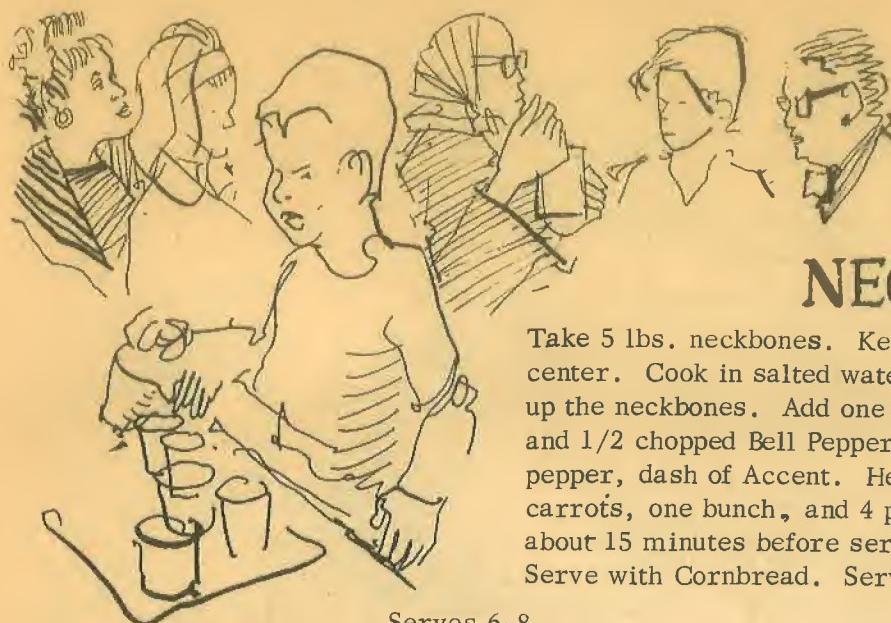
Put ground meat and chopped vegetables in heavy bottomed pan with 1/4C oil or butter. Simmer slowly until limp, then add 1-1/2C water or stock. Season with:

1T black pepper 1tsp red pepper 1T salt

Thicken with 1T flour, browned in oil. Let cool.

Meanwhile: Steam 2-1/2C long grain white rice. Cool. Add to vegetables and meat. Heat through. Cool. Use part to stuff your turkey and bake remainder in covered casserole for 1 hour. This should stuff about a 12-lb turkey.

Stuff and truss turkey. Sprinkle 2 tsp salt over bird; rub 1 stick butter over bird. Cover with foil or cloth until last 1/2 hour of baking. Remove cover. Bake at 350°.



WEST END NURSERY

MRS. NAOMI RANDOLPH'S

NECK BONE STEW

Take 5 lbs. neckbones. Keep them whole, and clean out the center. Cook in salted water until nearly tender, then break up the neckbones. Add one chopped onion, 2 cloves Garlic and 1/2 chopped Bell Pepper. Season with 1 tsp. salt, 1/4 tsp pepper, dash of Accent. Heat again, and then add your cleaned carrots, one bunch, and 4 potatoes. Add a package of peas about 15 minutes before serving. Thicken with browned flour. Serve with Cornbread. Serves 6.

Serves 6-8

Take 3 lb. Boneless Beef stew, cubed. Dip in flour. Brown in 3T hot oil in stew pot. Add 1-1/2C water. Simmer 1-1/2 hrs covered. Add:

2lbs white potatoes cubed	(if you serve with rice, omit potatoes)	10th St. Block Association
5 fresh tomatoes cut up	2 onions, sliced	
1 lb carrots, cut up	2 stalks celery, cut up	
	1 bell pepper, cut up	

Season with: 2 tsp. salt 1/8 tsp garlic salt
 1/2 tsp black pepper

Cover and simmer 40 mins longer. Thicken juice with browned flour.

MRS. AUDREY WHITTINGTON'S

(WEST END
NURSERY)

Chop very fine: 1 onion 1/4 bell pepper

Mix with:	1C cracker meal	2 lbs lean ground
	2 eggs	beef
	1/4 tsp black pepper	1/8 tsp garlic salt
	1/4 tsp Seasonall	dash A'ccent

MEAT BALLS

Form into small balls. Bake in oiled pan at 400° for 30 mins. Make gravy of 2T browned flour, drippings, and 1-1/2C hot water. Serve with rice.

MRS. ORA PARKS, CENTER ST. WEST-
WOOD BLOCK CLUB

4 lbs. ground beef, season with salt and pepper lightly	1/2 cup soaked dehydrated
4 eggs	vegetable flakes
1 C bread crumbs	
1/2 package onion flakes	1 tsp parsley flakes

Mix thoroughly and shape into size desired meat balls. Place on baking sheet and freeze. Place in freezer bags and store. When ready to use, take out as many as needed and place in casserole. Cover with favorite sauce. Or celery, cream of mushroom, tomato, or onion soup, or barbecue sauce. Bake at 350°F oven for 30 or 40 minutes.



BAKED MEAT BALLS

MRS. MARTHA FRANK'S

**SPECIAL
MEAT
LOAF**

2 lbs. lean ground beef	1/2 C celery chopped
3 eggs	1/2 C evaporated milk
1 C crushed cracker crumbs	2 tsp salt 1/2 tsp pepper
3 green onions chopped	1 tsp paprika
1/2 bell pepper, chopped	

Mix together, form into a round loaf. In the bottom of a round pyrex baking pan, mix 1/4 C catsup, 1/4 C melted butter. Dip the loaf in flour and put it in the pan. Bake at 350° for 1-1/4 hours. Baste every 10 minutes with the butter-catsup mixture. Very juicy and delicious.

MRS. LUCILLE HILL'S

**VEGETABLE
MEAT LOAF**

2 lbs. lean ground beef	1 tsp salt
1 egg, beaten	1/4 tsp black pepper
1 C evaporated milk	1 can vegetable soup
1 C soft bread crumbs	

Mix well and pack into large bread pan. Bake at 350° for 1 hour.
Serve with hot tomato sauce.

MRS. JOHNNIE MAE LEE'S

**MEAT
LOAF**

3 lbs. ground beef	1/2 tsp garlic salt
1 small can tomato sauce	1/2 tsp onion salt
2 T flour	1/4 tsp pepper
2 T cornmeal	1 tsp salt

2 eggs, beaten

Mix all together, form into loaf pan (5" x 9"). Bake at 350° for one hour.

MRS. EATHA McTILER'S

**MEAT
LOAF**

2 lbs. ground round steak	1 egg, beaten
	1/4 C catsup
3 slices white bread, in crumbs	2 tsp salt
	1/4 tsp pepper
1 bell pepper, chopped	1/4 tsp sage
1 onion, chopped	

Mix all together, turn into loaf pan, put sliced bacon on top.
Bake at 350° for one hour.

Take 3 lbs round steak, cut into serving pieces. Dip in flour and pound steak with back of your butcher knife or edge of a china plate to tenderize. Season with:

2 tsp salt 1/2 tsp black pepper 1/8 tsp garlic powder

Put into 2T hot oil in heavy skillet. Brown on one side, turn.

Add 1 onion, sliced. Brown again. Pour off some of the grease. Brown 2T flour in remaining grease. Add 1C hot water, mix well, cover, and simmer until thick. Serve with rice, or mashed potatoes, garnish with parsley.

MRS. ARMENIA WATTS'
(SOUTH CENTER BLOCK CLUB)**SMOTHERED
STEAK**

MRS. LUCILLE HILL'S

**SPECIAL
HAM**

Take a whole smoked ham and simmer in water until nearly done. Place in a foil-lined baking pan and bake until tender. Baste every 15 minutes with 1/2 C of Hawaiian Punch, using 2 C in all.

MRS. ANNA GODEAUX'
(CENTER ST. BLOCK CLUB)

Budain (RED RICE)

Steam a 2 lb. bag of rice until tender and every grain is separate. Sauté one bunch chopped green onions, 3 cloves garlic in 3 T drippings. Add 1 tsp. salt, 1/4 tsp Black Pepper, dash of Cayenne. Add this to the cooked rice.

Take one quart of fresh Pig's blood, add to the rice, stir thoroughly. Add salt to taste. Put this mixture in the pig casing (chitterlings), tie every 3 inches with string. Put in large pot of boiling salted water, simmer for 1/2 hr.

Serves 10.

MRS. HELEN LEWIS'S

(CAMPBELL ST.
BLOCK CLUB)**BAKED
HAM**

Boil a large (12 lb.) salted ham in plenty of water to freshen, about 1 hour. Put in baking pan. Pour over it a bottle of karo syrup. Stuff ham with cloves. Put 1/4 C water in the bottom of the pan. Bake 2 hours at 350°, basting often. Lay pineapple slices on ham the last last 1/2 hour. Continue basting. Thicken pan juice and serve as a sauce.

DOROTHY APPLEWHITE
(POSTAL-PERALTA
BLOCK CLUB)

Take 1 lb lean beef, cut in thin strips. Dip in 2 T. flour. Brown in hot oil. Add 1 bunch green onions. Cut in diagonals. Add 2T water and 1 tsp soy sauce and heat through. Take 1 lb vermicelli and boil in large amount of salted water until barely tender. Serve with Beef.
SERVES 4.

**BEEF
WITH
NOODLES**

MRS. LUCILLE WOOD'S

**BAKED STEAK
AND SPAGHETTI**

3 lbs. round steak or sirloin. Glaze in hot skillet with 2 T butter. Season highly with salt and black pepper and cayenne. Put into oven-proof pan with:

Layer of sliced fresh tomatoes (about 4), layer of chopped bell pepper (1), layer of chopped onion (1 large), layer of sliced bacon (6 slices). Bake in 350° oven for 1-1/2 hours. Serve with sauce:

Pan juices	2 T browned flour	1 C of cooked peas
2 T tomato pastek		1 C of sliced mushrooms

Cook until thickened. Meanwhile, boil 1 lb. spaghetti in large amount salted water until tender. Drain. Turn out spaghetti on large platter, then steak, then cover all with sauce.

MRS. BOBBIE PITTS'

SPAGHETTI

Brown 2 lbs. ground beef, Add:

Sauce:

1 onion, chopped 1 can tomato sauce

1 clove garlic, chopped 2 tsp salt

1 bell pepper, chopped 1/4 tsp pepper

2 cans whole tomatoes 1 T chili powder Simmer 1/2 hr.

Cook 1-1/2 lbs. spaghetti in boiling salted water until tender, about 15 minutes. Drain, serve with sauce and grated cheese.

**Casseroles**MRS. MAUDE LYMAN
(NINTH ST. BLOCK CLUB)

1 2-1/2 lb fryer, cut up

CHICKEN CASSEROLESeason with 1 tsp salt and
1/4 tsp white pepper.

Brown in oiled casserole pan in oven at 450° for 45 mins, turning to brown evenly.

Meanwhile: simmer chicken giblets and neck in 1C salted water. Pour this hot stock over chicken and scrape off the browned spots on the pan.

Boil: 1/2 lb Chinese Noodles in salt water.
 Cook: 2 large carrots, diced very small, until barely tender.
 Add: 1/2 pkg frozen peas, cooked.

Mix with the noodles. Tilt the casserole pan so that all the chicken is one one side. Pour the noodle-vegetable mixture on the other side.

Mix with the noodles. Tilt the casserole pan so all the chicken is to one side. Put the noodle-vegetable mixture on the other side. Mix: 1 can cream of mushroom soup with 1/2C water. Tilt pan. Pour this over juices and mix with pan juices. Cook until most of the juice is absorbed (about 20 min) Serve from the casserole. SERVES 6.



MRS. DORIS STANLEY'S

CASSEROLE

Take 2 lbs. lean ground beef, season with:

1/2 tsp onion salt 1 tsp salt

1/4 tsp garlic salt 1/4 tsp pepper

Form into 1" balls. Brown in hot oil and place in casserole.

Cover with one package frozen mixed vegetables, and 1 can tomato sauce. Bake covered for one hour at 350°.



MRS. EMILY REED'S
STUFFED PEPPERS

Take 2 lbs. lean ground meat; you may use some leftover meat. Season with 2 tsp salt, black pepper, one onion, chopped, and one clove garlic. Brown in hot fat, mix with

2 C boiled rice and one can tomato sauce. Use this to stuff one dozen bell peppers, with tops cut off. Bake in pan with 1/2 can tomato sauce, 1/2 can water until tender.

MRS. NOLA WYATT'S

CORN AND TOMATO CASSEROLE

8-10 ears of sweet corn 4 slices crisp bacon

1/4 C butter or bacon fat 1 tsp salt

1-1/2 lbs. fresh tomatoes peeled and sliced

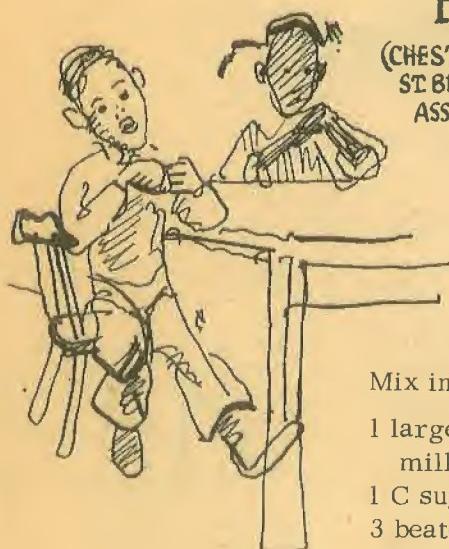
Melt fat in heavy skillet.

Cut the corn off the cobs into pan, and

sauté about 5 minutes. Add crumbled bacon, and salt. Arrange in the casserole with alternate layers of tomatoes. Bake in oven 30 minutes at 350°.

MRS. LUCY WARD
TAMALE PIE

(CHESTER ST BLOCK ASSN.)



Brown 3 pounds hamburger, season with 1-1/2 tsp salt, 2tsp. chili powder, 1/2 tsp pepper, 1/2 tsp cayenne. Add 2 cans whole kernel corn, 2 cans tomato sauce. Simmer until thick. Cook 2C corn meal, seasoned with 2 tsp salt in boiling water until very thick. Put your hand in cold water and pat the corn meal into a 11 x 15 pan. Fill with meat. Dot with Green stuffed olives. Cover with 2C cheese, grated. Bake 25 minutes, until cheese is melted. Serves 12.

Desserts

MISS MARY ALICE HILL'S

BANANA PUDDING

Mix in top of a double boiler:

1 large can evaporated milk	1 T cornstarch mixed with
1 C sugar	1/2 C water
3 beaten egg yolks	

Cook over hot water until it begins to thicken, stirring constantly. Then drop in one stick of butter, 2 tsp vanilla. Cook 5 minutes more. In large oven proof pan, place a layer of whole vanilla wafers, then a layer of sliced bananas and repeat until the wafers are used. Pour on the custard mixture. Top with meringue: 3 stiffly beaten egg whites, 1/4 C sugar. Brown under the broiler.

MRS. JOSEPHINE EATON'S

VARIATION

Prepare the wafers and sliced bananas. Pour over this mixture: 1 can sweetened condensed milk, juice and rind of one lemon, 4 beaten egg yolks, 1 tsp vanilla. Beat the 4 egg whites stiffly, add 1/4 C sugar. Pile this on top and brown under the broiler.

MRS. GLORIA MOBLEY'S

**PINEAPPLE
WHEEL**

Mix as biscuits:

2 C flour	1/2 C shortening
1/2 tsp salt	2 tsp baking powder

Enough water or milk to moisten. Roll out in square. Spread with: 1 small can crushed pineapple, drained, 1 C sugar, 1 tsp vanilla, 2 T flour. Roll up, cut slices about 1/2" thick, bake on greased cookie sheet 15 minutes at 350° until brown.

MRS. LEANER GREEN
(SOUTH CAMPBELL
BLOCK CLUB) **RICE
PUDDING**

Wash and cook 3/4C white rice until tender.

Mix: 2C canned milk 1 C sugar
or top milk 4 eggs beaten
1/4 tsp salt 1/2 stick butter,
1T vanilla melted and cooled

Mix with rice. Pour into 9 x 9 oiled pan or casserole.

Sprinkle with nutmeg, if desired. Bake at 300° for 20 mins until it just do shake, and be set. Serves 6.

MRS. ALCENIA SCOGGINS'

**QUICK BLACKBERRY
COBBLER**

Take 2 cans refrigerator biscuits and bake them on a cookie sheet for about 6 minutes in a 400° oven. They should be partly done but not brown. Butter each one on both sides. Place 1/2 in the bottom of a baking dish. Pour over this mixture: 1 can (large) drained blackberries packed in water, 1 C sugar, 2 T flour, 1/2 C evaporated milk, 1 tsp vanilla, 2 T butter, melted, pinch of salt. Cover with the rest of the biscuits. Bake for 30 minutes at 350°.

MRS. VIOLA TAYLOR'S

DEEP DISH PEACH PIE

3 T butter 2 T flour

Mix flour, sugar, and add to peaches and juice. Pour into well-greased casserole dish. Dot with butter, cover with Sweet Pastry: Sift 1 C flour, 1/2 tsp salt, 2 T sugar, and 1 tsp baking powder together. Cut in 1/2 C shortening, add 5 T water to make a soft dough. Roll out 1/2 inch thick, place over peaches. Mix 3 T sugar with 1 T flour, sprinkle over pastry. Dot with 2 T butter, for a brown crust. Bake for 25 minutes at 400°. Serve with cream.

MRS. ANNABELLE GORDON'S

1/2 C real butter 1-1/2 C sugar

Cream well together. Add 2 egg yolks.

PLAIN CAKE

Sift: 2 C flour 1/2 tsp salt 3 tsp baking powder

Add alternately with 1/2 C milk, mixed with 1 tsp vanilla, 1/2 tsp almond extract. Fold in the stiffly beaten egg whites. Bake in two greased 8" round pans at 350° about 30 minutes. When cool, frost with powdered sugar frosting.

Cream:	Add:	Sift:
1 C butter	1 C water	5C All-Purpose flour
2 C sugar	1 C evaporated milk	4 1tsp. baking powder
until light and fluffy.	Mix thoroughly. Add 5 eggs, beating well.	1 tsp. salt

PRIZE PINEAPPLE CAKE

FROSTING: Cream: 1 package confectioner's sugar 1/2 C butter
2 T pineapple juice 2 T cream Spread over top and sides of cake.

MRS. BOBBIE PITTS'
CHOCOLATE CAKE

Melt 2 squares bitter chocolate with 1/3 C oil in cup in pan of hot water. Sift into bowl:

1-3/4 C flour	3/4 tsp baking soda
1-1/2 C sugar	1/2 tsp salt

Add oil, melted chocolate, 1 tsp vanilla, 1/2 C buttermilk. Beat well. Then add 2 egg yolks, another 1/2 C buttermilk, beat well. Fold in the 2 stiffly beaten egg whites. Bake in 2 greased 8" round pans at 350° about 25 minutes. This is very moist cake.

MRS. PERNELLA JOHNSON'S

APPLESAUCE CAKE

Combine and beat well. Stir in:

2-1/2 C flour	2 T baking powder	1 tsp cinnamon
2 C apple sauce,	1 tsp nutmeg	1 tsp vanilla
(thick)		

Add walnuts if you like, coarsely chopped. Pour into greased tube pan. Bake at 350° 1 hour.

MRS. PERNELLA JOHNSON'S

NUT CAKE

2 cubes margarine 2-1/2 C sugar
Cream well, and add 4 eggs, beaten. Sift 2-1/2 C flour with 2 T Royal Baking Powder, or 1 T Calumet, and 1 tsp salt. Add this alternately with 1 C milk. Add 1 tsp vanilla or almond flavoring and 1 C chopped walnuts. Bake in round tube pan, well greased, at 350° for one hour. Dust with powdered sugar. Better the next day.

MRS. BERNICE DILLON'S

POUND
CAKE

Cream until light:	1 lb. real butter
Add gradually:	1 lb. powdered sugar
Beat in, one at a time:	6 whole eggs
Add:	2 tsp vanilla
Beat in:	1 box flour (measured in the powdered sugar box)

Bake in a well-greased tube pan 350° one hour.



MRS. OLLA GOODE'S

**PINEAPPLE
UPSIDE DOWN
CAKE**

In large heavy iron skillet, heat the following:

1 C brown sugar	1 can sliced pineapple,
1/2 cube margarine	(drained)

You may add cherries or nutmeats.

Heat until sugar and butter are melted and bubbly. Pour batter over this:

3 eggs, separated	1 tsp vanilla	1-1/2 tsp baking powder
1-1/2 C sugar	1-1/2 C flour	1/2 C pineapple juice
1 tsp salt		

Beat egg yolks, add sugar, flavoring juice, then sifted dry ingredients. Last, fold in stiffly beaten whites. Bake in skillet for 1/2 hour at 350°. Serve with whipped cream. Turn upside down to serve.

MRS. EVELYN WILLIAMS'

**BANANA
CAKE**

Beat together:

1/2 C salad oil	2 bananas, (very ripe)
1-1/2 C sugar	1 tsp vanilla
2 eggs	

Then add alternately: 2 C flour, sifted with 1 tsp baking soda and 1/2 tsp salt, 1/2 C buttermilk. Bake in 9" x 9" pan, greased and floured, at 350° for 30 minutes.

MRS. EVELYN WILLIAMS'

**JELLY
ROLL**

Separate 4 eggs. Beat the yolks until thick, add 3/4 C sugar, 1 tsp almond extract and 1/2 tsp salt. Fold in the 1 tsp baking powder and 1/4 tsp salt. Fold in the stiffly beaten egg whites.

Pour into 9" x 13" pan lined with wax paper.

Bake about 12 minutes at 350°. Turn out on damp towel, peel off paper. Spread with raspberry jelly or chocolate pudding filling, roll up. Dust with powdered sugar. Cut when cool. Serve with whipped cream.

MRS. VIOLA TAYLORS'

**1-2-3
CAKE**

1 C sugar	3 tsp baking powder
2 C flour	1-1/2 tsp vanilla
3 eggs	1/2 tsp salt
1 C shortening	1 C milk

Cream shortening and sugar together, add eggs, beat until creamy. Add your dry ingredients alternately with the milk, add vanilla last. Beat until light and fluffy. Put into 9" round pans or one long pan. Bake in preheated 350° oven about 30 minutes. Cool remove frost.



2-1/2 cups sifted cake flour
1 tsp salt
1/2 lb. softened butter

1-1/2 cups sugar
3 tsp baking powder
4 eggs
1-1/2 tsp lemon flavoring

Beat in mixing bowl until well blended together. Pour into 2 9" greased pans. Bake in Moderate oven 375° 25 or 30 min. Let cool before taking out of pan.

MRS. GERTIE CAREY

FRESH LEMON CAKE

1 box Powdered sugar

4T butter

1/2 can lemon juice

Melt butter, and mix in sugar and juice. Beat until smooth.

1 C mayonnaise
2 C sugar
1/2 C cocoa
1 tsp soda

1-1/2 C hot water
2 C flour
1 tsp vanilla

MRS. PERNELLA JOHNSON'S

MAYONNAISE CAKE

Beat all together. Bake in 2 round layers, 350° for 30 minutes. Grease pans well.

MRS. WILLIE MAE BOGAN'S

SWEET POTATO PIE

Crust: Make a rich bottom crust--2 C flour, 1/2 C lard, little salt, ice water to moisten.

Filling: Boil 2 large sweet potatoes, mash.

Mix with:

4 eggs

1 stick butter,

1 C granulated sugar

1-1/2 C canned milk

melted

1/2 tsp nutmeg

Pour into crusts, bake at 400° for 10 minutes, 350° for about 25 minutes more until custard is set.

MRS. VELMA MOSES' VARIATION

Add 1 tsp vanilla to mixture and an extra 1/2 C sugar. Beat in 2 T flour and 1/2 tsp baking powder. After filling is placed in the two bottom crusts, pour 1 T melted butter over each pie, to make it brown nicely.

MRS. VIOLA TAYLOR'S

SWEET POTATO PIE

Make crusts as above. Take 2 nice large yams, bake in oven until soft. Mix with:

1 C top milk or
canned milk

1 C sugar

1/2 tsp nutmeg

1 stick butter

Pour into shell, bake as above. Very light without eggs.

MRS. JOSEPH BRANTLEY

(2 large pies and 1 small) Prepare your pie shells. Boil 2 large sweet potatoes until soft.

Mash. Mix with:

4 eggs

2C sugar

1/2 tsp nutmeg

1 large can

2T flour

1 stick butter, melted

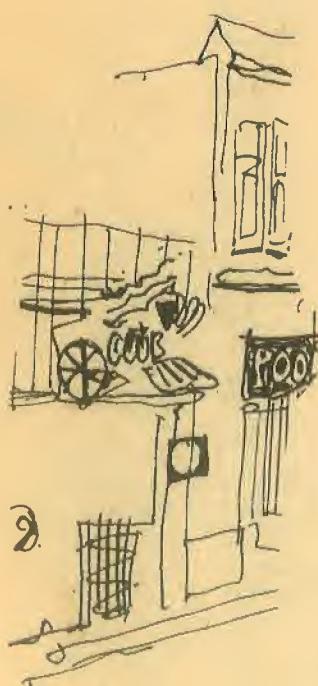
evaporated milk

2 tsp Baking powder

and cooled

Fill shells. Bake at 375° until set.

Serves 10.

(CHESTER ST.
BLOCK ASSN.)

MRS. ROSE MITCHELL'S

Make crusts as in previous recipe. Fill with:

2 C yellow winter squash, boiled and mashed	1/2 tsp nutmeg 1 tsp vanilla 1/2 cube butter, melted
3 eggs, beaten	1 C white sugar
1/2 tsp cinnamon	1/2 can evaporated milk

Bake as in previous recipe.

PUMPKIN PIE MRS. HELEN BRYSON'S (PINE ST. BLOCK CLUB)

Make rich Bottom crust for 2 large pie shells and flute edges.

3C flour 1 t' salt 1C shortening

Ice water to moisten

FILLING: Mix together:

1 # 2-1/2 can pumpkin 1-1/2C canned milk

2C sugar 6 eggs yolks

1 t nutmeg

1 -1/2 stick margarine, melted and cooled

Pour into Pie and cover with:

6 egg whites 3/4C sugar

Beat egg whites stiff, add sugar and vanilla. Bake in oven 350° for 30 mins until filling is set and meringue is brown.

MRS. ALCENIA SCOGGINS'

Peel and dice 10 cooking apples. Mix with:

1 C sugar	1/2 tsp vanilla
1 T flour	2 T raisins
1/2 tsp cinnamon	2 T butter
1/4 tsp nutmeg	Pinch of salt

SPECIAL APPLE PIE

Leave to form a syrup while you make a rich crust:

2 C flour, 1/2 C lard, 1/2 tsp salt, 1 tsp sugar.

Mix with fingers until crumbs form. Add ice water to barely hold it together. Roll 1/2 on floured board for bottom crust. Make a lattice crust for the top. Bake at 400° for 45 minutes.

Make a rich crust, using ice water.

2C flour
1/2C lard
1/2 tsp salt
Ice water to moisten

MRS. GRAY'S
APPLE PIE

Peel, core, and cut into eights: 6 apples (cooking). Simmer with 1C sugar, 2T butter, 1/4 tsp nutmeg, 2T water. Cover until tender and thickened. Cool. Roll out bottom crust, put in apple filling. Make a lattice crust for the top crust. Bake at 400° for 25 mins.



MISS JOHNIE MAE LEE'S

CUSTARD PIE

Make a rich crust. Fill with:

2 C top milk	1/4 tsp salt
3 eggs, slightly beaten	1 tsp vanilla
1/2 C sugar	1 T melted butter

Sprinkle with nutmeg. Bake in hot oven (400°) for about 30 minutes.

MRS. VERNELL STARKEY'S **CHOCOLATE PIE**Make a rich bottom crust, bake until light brown. Fill with filling:
Mix in top of double boiler:

2 C milk	3-4 T Bakers Cocoa,	3 egg yolks	Pinch salt
1 C sugar	(unsweetened)	1 T butter	

Cook over boiling water, stirring constantly, until thick.

Beat the 3 egg whites until very stiff, fold in 2 T sugar.

Pile on top of filled pie, brown under broiler.

MRS. OLLA GOODE'S

**COCONUT
CREAM
PIE**

Make a rich crust. Bake about 12 minutes at 400°. Cool and fill with filling:

Cook in double boiler until thick:

2 C top milk	1/2 tsp salt
2/3 C sugar	Add 3 egg yolks,
1/4 C cornstarch	beaten

Cook a few minutes more. Add 1 T butter, 1 tsp vanilla, 1 C coconut.
Cover with meringue:

3 egg whites, beaten stiff 1 C sugar 1/4 C coconut

Bake in moderate oven about 12 minutes, until meringue is browned.
For banana cream pie, use 2 sliced bananas, omit coconut.

MRS. NAOMI JORDAN'S

**PECAN
PIE**

Make a rich bottom crust. Fill with:

1/2 C butter	1/4 C dark corn syrup
1/2 C white sugar	3 eggs, beaten
2/3 C light corn syrup	1 tsp vanilla

1-1/2 C pecans, in large pieces little salt

Cream butter, work in sugar and syrups, stir in eggs. Pour into unbaked shell, sprinkle nuts over top, pressing them in. Bake 450° for 10 minutes, 325° for 35 minutes, until set. Cool, serve with whipped cream. VERY FATTEENING!

DOROTHY FULCHER'S (WEST END NURSERY)

**VANILLA
WAFER
CAKE**

Bake 1C grated coconut for 1-1/2 hrs in 250° oven. Take 2

7-1/2 oz pkgs vanilla wafers. Roll fine.

Cream: 2 cubes butter 2C sugar

Add: 6 eggs, one at a time, beating well after each addition.

Add: coconut, and vanilla wafers.

1 C nutmeats, finely chopped, 1/2 C milk, 1/4 tsp. salt

Beat thoroughly. Bake in a well-greased ptube pan, dusted with flour. Bake 1 hr. at 350, 1/2 hr. at 300

Make a rich pie crust. Fill with:

2 C milk	1/2 tsp salt
3/4 C sugar	2 T butter

Bring to boil, add 1/2 C cornstarch mixed with 1/2 C milk. Stir until thick; add 3 egg yolks, beaten, then add the juice and grated rind of 2 lemons. Cook 2 minutes more.

Pour into baked crust. Top with meringue of 3 stiffly beaten whites, 1/2 C sugar. Bake for 15 minutes at 350° until meringue is browned.

3 T cornstarch	3 egg yolks	MRS. CORALIE SMITH
3 T flour	1 tsp. butter	(POSTAL PERALTA BLOCK CLUB)
pinch salt	rind of 1 lemon	
1-1/2 C boiling water	1/4 C lemon juice	
	1 C sugar	

1. Mix cornstarch, sugar, salt and flour.
2. Add slowly to boiling water beating well.
until smooth and thick.

Mix cornstarch, sugar, salt and flour. Add slowly to boiling water beating well until smooth and thick. Cook in double boiler 10 minutes. Beat three egg yolks until light. Add hot starch mixture to egg yolks a little at a time, beating until smooth. Return to double boiler, add butter and cook 5 minutes. Remove from heat. Add lemon juice and rind. Cool slightly and pour into baked pie crust.

3 egg whites	6 tbs. sugar	MERINGUE
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Beat egg whites until stiff (not dry). Beat in 2/3 of sugar a little at a time. Fold in remaining sugar. Spread on top of pie filling. Place in oven at 300° F for 10 minutes.

Brown 3 slices cubed white bread in oven.

Add to:

4 T butter, melted & cooled	1 C sugar
#2 1/2 can sliced peaches	1/2 tsp. cinnamon

Bake in casserole until thickened.

Cream: 1 C softened butter, 1 1/2 C granulated sugar

Add: 3 eggs, beating well after each addition, 3 C cake flour, 1 1/2 C baking powder, 1/2 tsp. mace

Add to creamed mixture alternately with:

1/2 C milk, 1 tsp. vanilla

Beat well after each addition. Bake in a greased pan, 350° for 45 min. Dust with powdered sugar.

MRS. WILMA GOODE'S

LEMON PIE



MRS. CORALIE SMITH
FILLING (POSTAL PERALTA
BLOCK CLUB)



MRS. MATTIE DEE MASON'S

LAST MINUTE DESSERT

&
LOAF CAKE



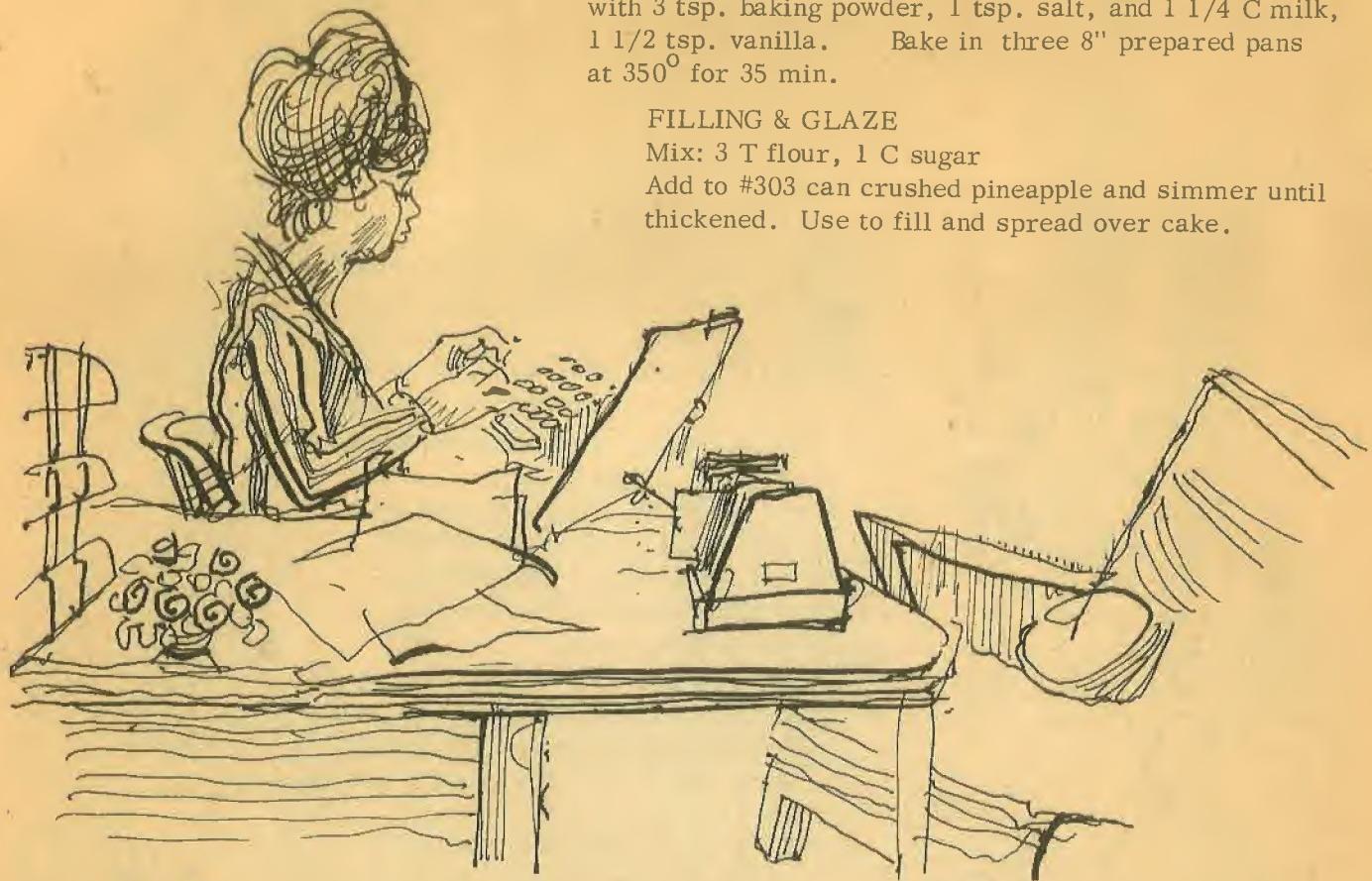
MRS. MATTIE DEE MASON'S **PINEAPPLE CAKE** Cream: 1/2 C shortening
1 1/2 C sugar'

Beat in 3 eggs. Add alternately: 3 C cake flour sifted with 3 tsp. baking powder, 1 tsp. salt, and 1 1/4 C milk, 1 1/2 tsp. vanilla. Bake in three 8" prepared pans at 350° for 35 min.

FILLING & GLAZE

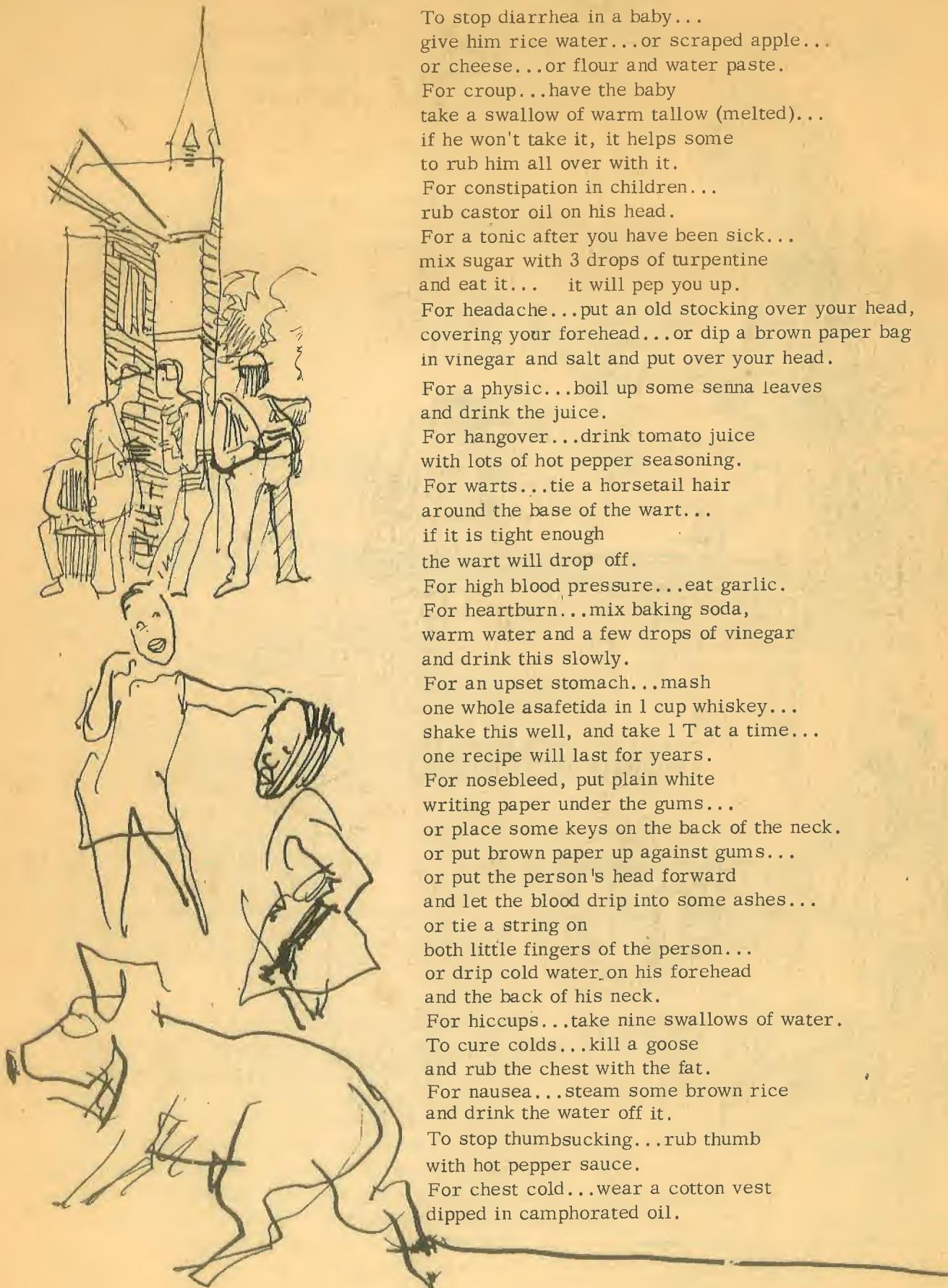
Mix: 3 T flour, 1 C sugar

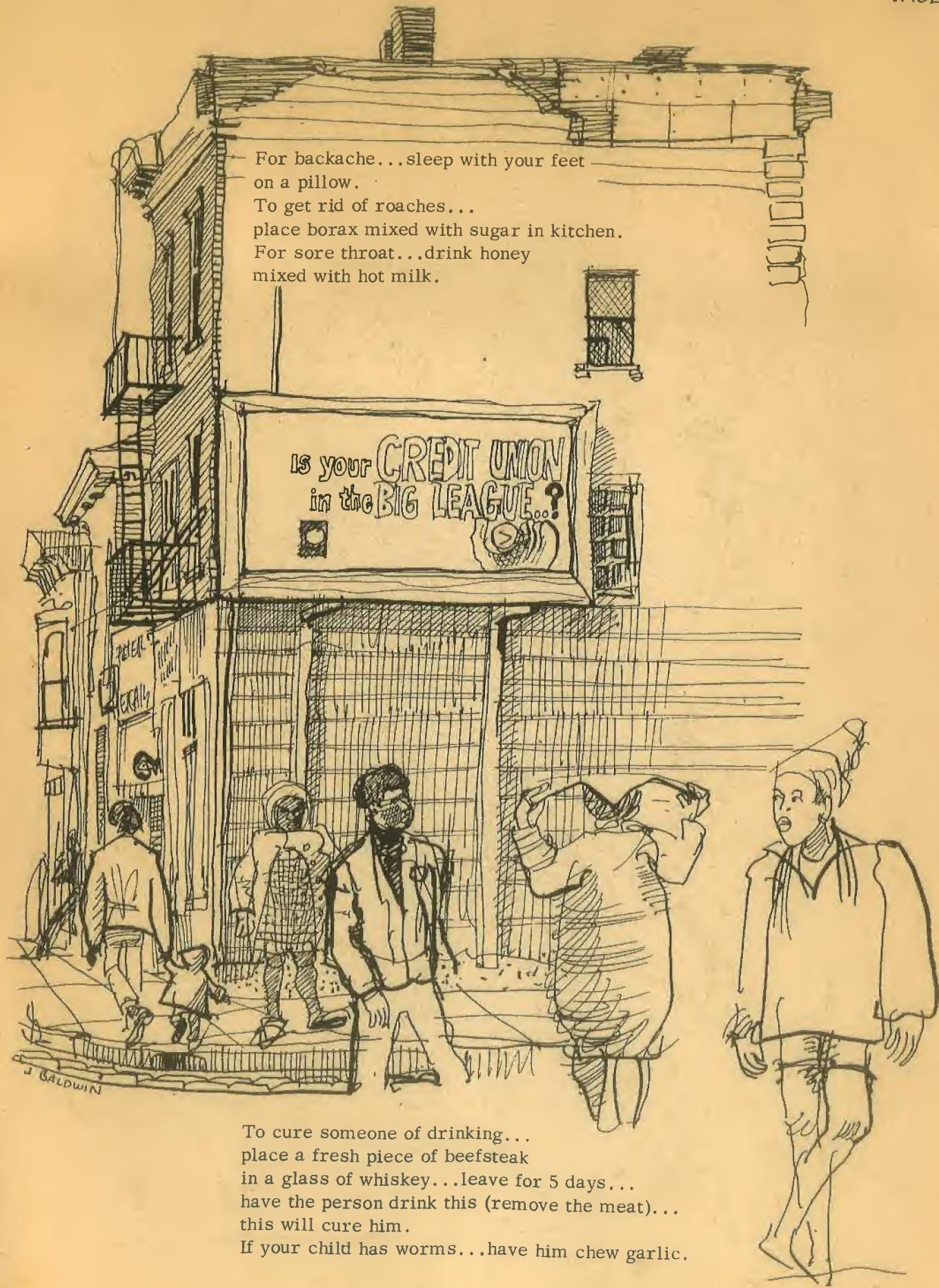
Add to #303 can crushed pineapple and simmer until thickened. Use to fill and spread over cake.

**HOME REMEDIES**

If your baby is cross-eyed...
blow up a red balloon
and have him stare at it
for a while every day...
this will straighten his eyes.
If you have falling hair...
the following are good:
rub white vaseline on scalp
every day... or use car grease
rubbed on scalp every other day.

If you have a lot of gas...
drink 10 drops of Belladonna in water.
For nausea, mix warm honey in lemon juice.
drink this and your stomach will settle down...
or make a paste of some flour, salt and water...
eat this and you will feel better.
For sore gums when your baby is cutting teeth...
rub a thimble on his gums and his teeth will come
through... or rub with a bag of asafetida...
or put a few drops of a mixture of asafetida
mashed in 1/2 C whiskey in his bottle.





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